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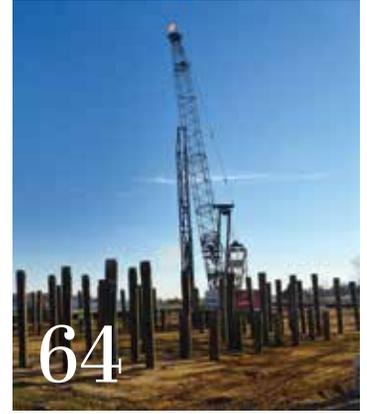


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On the Cover: We explore many paths toward the pursuit of happiness. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com
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What's Up? Eastern Shore is published by What's Up? Media

201 Defense Highway, Suite 203, Annapolis, MD 21401,

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23,888 copies with an estimated readership of 78,830.

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FEBRUARY 2019

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Vote Now! BEST OF 2019

It's that time of year again. The 2019 Best of ballots are up online for the entire months of January and February. Vote for your favorites in food, dining, and entertainment, retail and professional services, real estate, home, and garden, medical, dental, and veterinary, and beauty and fitness. If you're feeling particularly nostalgic, fill out our print ballot on pg. 57 and mail it in! Visit whatsupmag.com/best-of/voting to get your editable marketing materials and to access the online ballots. Happy voting and good luck to you all!



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Inbox Insights

Wondering what's going on in your area on the weekends? Check out our Entertainment Editor's weekly blog for detailed descriptions about the most popular events in Annapolis, West County, and on the Eastern Shore. Don't miss out! Have the info you need delivered right to your inbox! Sign-up for the blog at whatsupmag.com/subscribe.



FEATURED UPCOMING EVENTS ON

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14

Warehouse Workshop!
HAVEN MINISTRIES
Hope Warehouse
7:00PM - 8:30PM | \$30



27

What's Up? Bridal Expo 2019 ↓
WHAT'S UP? MEDIA
The Byzantium
1:00PM - 4:00PM | \$15

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What's Up? Media Party for the Arts: New Hope Exhibit
WHAT'S UP? MEDIA
What's up? Media Gallery
5:30PM - 7:00PM | FREE



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LAFONTAINE BLEUE
Bleue's on the Water
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From the editor



James Houck,
Editorial Director

I was recently perusing a Reddit thread—the worldwide social media platform founded by former Ellicott City resident and Howard High School graduate Alexis Ohanian—about entrepreneurship, and the topic was along the lines of famous business quotes. Of course, Henry Ford’s quip about the importance of advertising was mentioned (“A man who stops advertising to save money is like a man who stops a clock to save time.”) But another quote stood out to me, if only because What’s Up? Media and our publications had been experiencing the quoted phenomena and trying our darndest to break out of it. There are variations of the quote—which is more of a statement, as I can’t pin down who may have said it first—but it goes something like this (you’ve probably heard it before); “The six most dangerous words in business are: We’ve always done it that way.”

When I review our yearly editorial calendar each summer and begin planning for the following year, it’s easy to plug and play what’s worked well in the past. Feature topics and service projects that our readership has come to expect over the years; subject matter that’s our bread and butter. It’s an easy trap to fall into—planning future content just as we’ve done in the past.

As the bones of the 2019 editorial schedule fell into place and when our team began reviewing the schedule, there were nods and “yeses” and, yet, something was missing; that genuine sense of excitement that only comes when you’re experiencing something new. You know the feeling. We wanted that feeling.

So, our team of directors went to task, brainstorming ideas, which ultimately led to two main objectives for this year: (1) develop more in-depth column content and substantive feature articles and (2) a visual redesign of the magazine. What you have in your hands is the first issue of this effort.

In effect, the new year not only brings a *sense* of rejuvenation, but it is also the start of a reimagined publication. The changes herein may seem subtle at first glance (new fonts, white space,

and layout concepts not easily detectable), but if you stay the course and keep reading, you’ll find fresh perspectives and enhanced content inside.

What’s new in the new year? An “Economic & Finance” column by acclaimed economist Anirban Basu; an article series that discusses infrastructural changes occurring in Shore towns; a rebranding of our departments and several longstanding columns; and, of course, our feature articles.

beauty editor, has delivered an encyclopedia of facts, perspectives, and resources in her feature “Maryland’s Mental Health Crisis.”

I’ve only scratched the surface of what’s inside the pages of this issue. There’s more. Lots more. And I’d be remiss if I didn’t mention that the voting for the “2019 Best of Eastern Shore” contest kicks off this month. New this year: voting for *all categories* (food, shopping, home, health, beauty, and more) will take place during

THE SIX MOST DANGEROUS WORDS IN BUSINESS ARE:

“We’ve always done it that way.”

In this issue of *What’s Up? Eastern Shore*, staff writer Fred Schultz’ “A Lone Voice Pursues the American Dream” explores the ripple effect that national immigration policy is having on Maryland industries and individuals. In another anchor article, “Making the Student into the Master,” staff writer Diana Love offers in-depth analysis of mounting concerns in children’s education and real solutions (being test driven at our local schools). And Kelsey Casselbury, our contributing health and

a two-month voting window, January 1st through February 28th. The ballot is inside and can be found online at whatsupmag.com. Oh yeah, we have a new website launching, too! Check out its debut later this month.

We would love to know your thoughts about all of this; especially your wants and needs as readers. What are we doing right or wrong? Our eyes and ears are open. We have learned a lot from you and we know...there is always room to grow.

Out on the **TownE**

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↓ 25TH ANNUAL PENGUIN SWIM

Atlantic General Hospital's 25th annual Penguin Swim returns to the Princess Royale Oceanfront Hotel New Year's Day, Tuesday, January 1st. Each year, hundreds of "penguins" raise funds to help the hospital provide quality care, making it one of their largest fundraisers. The Penguin Swim is fun for all ages with awards for the top fundraisers, costume contests, dollar carnival games, and more. Registration and check-in begin at 10 a.m., and the swim starts at 1 p.m. The registration fee is \$25 and includes an official 2019 Penguin Swim short-sleeve T-shirt. All proceeds benefit the AGH Foundation. For more information, call 410-641-9671 or visit Aghpenguinswim.com.



Photo by Chris Parypa Photography



Photo by Joe Andrunyk

45th Annual East Coast Fishermen's & Aquaculture Trade Expo 2019

The East Coast Fishermen's and Aquaculture Trade Expo is the only commercial fishing show produced in the Mid-Atlantic, drawing thousands of commercial fishermen, charter boat captains, aquaculturists, environmentalists, scientists, educators, and enthusiasts from up and down the East Coast. Head over to the Roland E. Powell Convention Center Friday, January 18th (11 a.m.-5 p.m.), Saturday, January 19th (10 a.m.-5 p.m.), and Sunday, January 20th (10 a.m.-3 p.m.) for this not-to-be-missed weekend event. Enjoy aquaculture and commercial fishing seminars, and browse the latest fishermen gear and equipment. Tickets are \$25 for two-days (pre-registration) and \$15 for one-day. For more information, call 410-216-6610 or visit Marylandwatermen.com.

↑ Bosom Buddies Ball

Show your support for Bosom Buddies Charities at their 2019 "Turning Tears Into Triumph" Ball on Saturday, January 26th, 5:30 p.m. at the Westin Annapolis Hotel. Enjoy an elegant evening of dining and dancing, all while supporting Bosom Buddies Charities' mission to promote breast cancer awareness, encourage early detection, support treatment, and celebrate healing. Tickets are \$250 per person or \$3000 for a reserved table for 10. For more information, visit Bosombuddiescharities.com.



WASHINGTON COLLEGE BASKETBALL

Head over to the Cain Athletic Center to catch the Washington College Men's and Women's NCAA Division III basketball! Both teams will play Gettysburg on Thursday, January 10th, 6 p.m. (W) and 8 p.m. (M), and Muhlenberg on Saturday, January 19th, 2 p.m. (W) and 4 p.m. (M).

On Thursday, January 24th, the men will go head-to-head with McDaniel at 6 p.m. and the women will tip off against Bryn Mawr at 8 p.m. The men will also play Swarthmore on Wednesday, January 30th, 7 p.m. For more information, visit Washingtoncollegesports.com.

WHAT'S UP? WEDDINGS BRIDAL EXPO 2019

Simplify your planning, shop in style, and embrace the bliss of your engagement at the What's Up? Weddings Bridal Expo held at The Byzantium Event Center Sunday, January 27th, 1-4 p.m. Find wedding attire inspiration during the fashion show, meet with local experts, enjoy cake tastings, and beauty makeovers, and check off your wedding to-do list all in one place. Tickets are \$15 in advance and available at Whatsuptix.com.



CLASSIC ALBUMS LIVE PRESENTS CREEDENCE CLEARWATER REVIVAL CHRONICLE VOL. 1

Considered one of America's greatest bands, Creedence Clearwater Revival (CCR) got an entire continent rocking with hits like "Suzie Q," "Proud Mary," "Bad Moon Rising," "Fortunate Son," and more. On Friday, January 18th, 8 p.m., Classic Albums Live will honor CCR's legacy with their performance of Chronicle Vol. 1 at the Avalon Theatre in Easton. Classic Albums Live performs note for note and cut for cut some of the most legendary rock albums ever made. Tickets are \$40. For more information, call 410-822-7299 or visit Avalonfoundation.org.



BRITISH INVASION EXPERIENCE DINNER THEATRE

The British Invasion Experience pays tribute to an entire genre that changed the face of music. Inspired by music icons like The Beatles, The Who, and Led Zeppelin, The British Invasion Experience gives audiences an exciting flash back to the English groups of the '60s. The show comes to Wicomico Youth & Civic Center on Saturday, January 12th, 7 p.m. Tickets are \$40 and include an English-themed dinner served at 5:30 p.m. For more information, visit Wicomicociviccenter.org.



PARTY FOR THE ARTS

What's Up? Media, in partnership with the Arts Council of Anne Arundel County, will host a Party for the Arts on Thursday, January 31st, 5:30-7 p.m. for its newest exhibition, *New Hope*. Enjoy light refreshments while admiring original art on display in the reception area of 201 Defense Highway. Guests will have the opportunity to meet the artists and vote for a "Best in Show" winner. The exhibit will be on display through April 12th. The reception is free to attend, but RSVP is requested. For more information, call 410-266-6287 or visit Whatsuptix.com.



↑ DAN NAVARRO

Dan Navarro began his career as a songwriter for several acclaimed musicians including Pat Benatar, The Bangles, Jackson Browne, Dionne Warwick, and the Temptations. In the 1990s and 2000s, Navarro toured with Eric Lowen as half of the acoustic duo Lowen & Navarro. Since Lowen's retirement in 2009, Navarro has continued recording and touring nationally as a solo artist. Dan Navarro will be performing at the Stoltz Listening Room in Easton on Friday, January 11th, 7:30 p.m. Tickets are \$30. For more information, call 410-822-7299 or visit Avalonfoundation.org.



↑ COVER YOUR CHIN FOR CHARITY

Mark your calendars for the sixth annual Cover Your Chin for Charity closing ceremony on Saturday, January 19th, 7:30 p.m. at the Waterfowl Building in Easton. This charitable beard growing contest kicked off in October when men shaved their facial fuzz and traded their razor for three months of scruffiness to raise money for local charities. Anyone who donates will receive a ticket to the party, which includes awards for many categories, including the participant who collects the most donations. Cheers to beards! For more information, visit Coveryourchin.com.

FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 91 OR GO TO WHATSUPMAG.COM



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Bull & Oyster Roast & Alumni Reunion

On October 13th, The Gunston School held its annual Bull & Oyster Roast & Alumni Reunion. Nearly 240 parents, trustees, alumni, and friends gathered on Gunston's campus for this event to support the school in its largest fundraiser of the year. Guests mingled, enjoyed shucked and steamed oysters, and tried their luck on silent auction items that were generously donated by local businesses and Gunston families. The evening was a huge success—over \$100,000 was raised through sponsorships, silent and live auction, and ticket sales.



1



2



4



3

Photography courtesy Gunston School 1. Parents Tracy Campbell and Sue and Brian Steele 2. Headmaster John Lewis greets the audience 3. Parents Reid Henry, Karen Talbot, and Mary Ways 4. Laura Chester, Donna Roser, Keith Willett, and Nicola Daniel

Whiskey & Spirits Festival

What's Up? Media hosted its second annual Whiskey & Spirits Festival at the Navy-Marine Corps Memorial Stadium Akerson Tower Club on October 11th. Attendees enjoyed live music, light bites, and sips of premium whiskey, bourbon, vodka, rum, and more spirits. A portion of the proceeds benefited local charities.



Photography by Stephen Buchanan **1.** Stephen Halt (center/white shirt) of Premier Planning Group (lead event sponsor) with his staff **2.** Charlie and Carol Ann McCurdy **3.** Matt Lehman, Justin Mullin, Ryan Beard, and Tim Jaeger **4.** Brian and Anita Morgan **5.** Lynne Forsman, Erik Chick, and Melanie Quinn



TOWNE SALUTE

Penny Lins

Friends of Queen Anne's County Library

By Cate Reynolds

Penny Lins' love for books began at a young age, sitting on the arm of her father's leather club chair while he read to her. Her father, Raymond L. Moore, owned and operated his own book bindery, Moore & Company. His connection to books appears to be a passion Lins has inherited.

The 72-year-old Lins grew up in Towson. She and her husband, Jerry, moved to Centreville 39 years ago, and immediately installed large bookshelves in the front rooms of their home to accommodate their growing book collection. "I have books in almost every room of our house," Lins says. "I love to hold books, I collect books, and I have a wide variety of books on all kinds of topics on my bookshelves."

Her fascination with books inspired her to become involved with Friends of Queen Anne's County Library. Though Lins still works full-time for an ophthalmologist in Baltimore, her spare time is spent volunteering at the library, where she can support programs and services and, hopefully, help others fall in love with books.

"We started out with very few people, and up until about a year ago, we had less than 100 members, but now we have 326 members, which is a good thing because we have a broader membership to get volunteers."

How did you initially get involved with Friends of Queen Anne's County Library?

When the Queen Anne's County Library decided they wanted to start the group, the director and the assistant director of the main branch approached several patrons and asked if we'd be willing to be a start-up. We've only been in existence for five years. We started out with very few people, and up until about a year ago, we had less than 100 members, but now we have 326 members, which is a good thing because we have a broader membership to get volunteers.

What type of work does Friends of Queen Anne's County Library do?

We raise money to help the library acquire things that are not in their budget. We raised over \$35,000 last year, and this year we gave \$12,500 to the summer reading program, which fully funded the Queen Anne's County summer reading program.

We just helped them purchase some 3D printers. We've provided things like seating, a small meeting room at the Centreville Branch, and charging stations for both branches. A couple of years ago, we helped send some extra people to the Annual Library Association Meeting in Colorado, since they didn't

have enough money to send everybody that wanted to go.

When you were approached about joining the Friends of Queen Anne's County Library? Why was it important for you to be part of the organization?

Because I'm at the library all the time. I was in the library at least once a week, and now I'm in the library two or three times a week. [The group] was an interesting concept to me, and so I decided that it was something I would like to be involved with.

You've chaired the book sale fundraiser for the past five years. Can you tell me about that project and what goes into putting that all together?

The first time we did it, we had it for two months, and it started because we had a patron who had contacted the library and said they wanted to give us their book collection. That was the basis of our book sale that year, along with regular other patron donations.

The next year, we decided to have it for three months, and we decided to have one donation day each of those months. That's how we get most of our books now. It's a lot of work collecting the books and sorting them.

We have one table of books with special selections, where we'll put out books that we think are in excellent condition. Some are signed by the author. In fact, someone picked up a book, and when they opened it up, it had John Glenn's autograph in it. We missed that one, so they ended up getting it for just a couple dollars.

Do you have a favorite book or author?

One of my favorite mystery writers is Louise Penny, who does a wonderful series that takes place in Canada and Quebec, and it has a French-Canadian protagonist by the name of

Armand Gamache. I listen to those on tape and I just love the narrator.

Another writer that I like that my husband introduced me to is James Lee Burke, and his novels are very graphic, but I happen to like his Dave Robicheaux series. I also like autobiographies. I like history. I read as much non-fiction as I read fiction.

What do you hope to see the organization accomplish in the future? Do you have any personal goals?

I would just like to continue to see it grow. The Kent Island Library is going into an expansion program, and so we're hoping that

the county will continue with their agreement to fund part of that. They're matching funds. We're not involved in any way with raising money for that capital fund, but once it's done, hopefully, we can help them with things that they want for that expansion that aren't in their budget. Furniture, cases, carts, electronics, whatever might be needed that they don't have in their regular budget for the year.

Why do you think that the work that Friends of Queen Anne's County Library does is so vital for the community?

It's important for the community because there are a

lot of things that the library doesn't have the finances for. There are a lot of programs, (ones) for children on a Saturday, art programs, but without that funding, they would not be able to have those. There's just a lot of things that we help them with that they wouldn't have the finances for otherwise.

Do you have a volunteer to nominate? Send What's Up? an email to cbreese@whatsupmag.com.



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Haven Ministries Raises Over \$10,000 to Benefit Programs

In September, the nonprofit organization Haven Ministries hosted its second annual golf tournament. The sold-out event, which was held at Prospect Bay Country Club in Grasonville, raised over \$10,000 to benefit programs offered by Haven Ministries, such as their Hope Warehouse and two food pantries.

Employees from Lyon Distilling Co., Ophiuroidea "The O" of St. Michaels, and the financial advisory offices of Edward Jones/Liz Skibbie were located at hole 12, giving out treats and taking hole-in-one photos.



Shirley Kappler. Photo courtesy of Haven Ministries



Photo courtesy of Compass Regional Hospice

↑ COMPASS REGIONAL HOSPICE BREAKS GROUND ON CENTREVILLE HOSPICE CENTER

In September, Compass Regional Hospice hosted a ceremonial groundbreaking event in honor of the expansion of its Centreville hospice center. Around 100 guests attended the ceremony, including Congressman Andy Harris, Centreville Town Council President Tim McCluskey, and Compass Regional Hospice Board Chair and Capital Campaign Committee Chair Kathy Deoudes. Representing Governor Larry Hogan, who could not attend the event, was Maryland Department of Health Secretary Robert Neall. The new hospice center will be expanding from a six-bed to a 10-bed facility, and will take about a year to complete.

Tidewater Inn Unveils Premier-Style Rooms and Suites ↓

The Tidewater Inn, a luxury boutique hotel based in downtown Easton, revealed the completion of its multi-phase renovations. Twenty premier guest rooms, located on the second and third floors, were redesigned with a new look, featuring modern bathrooms, furniture, carpet, paint, and décor, and completed with furnishings, fixtures, and accessories from Restoration Hardware. Some of the new amenities offered in the renovated rooms include oversized club chairs, plush down comforters, pillow top mattresses, and spacious bathrooms.



Tidewater Inn's Premier King Guest Room. Photo courtesy of Tidewater Inn

Benedictine Receives Maryland Community Development Block Grant

The State of Maryland Community Development Block Grant Program partnered with Caroline County to award Benedictine a \$336,000 grant. The grant will be used to make improvements to 10 of Benedictine's group homes, including new roofs, handicap-accessible upgrades to the bathrooms and kitchens, and new generators. The grant program helps strengthen communities in Maryland and improve the overall quality of life by expanding affordable housing opportunities, stabilizing neighborhoods, and creating jobs. The group homes are a part of Benedictine's Adult Services program, and provide supportive community living options for adults with developmental disabilities. The organization serves over 100 adults in 19 different homes throughout Annapolis and the Mid-Shore.



↑ RADCLIFFE CREEK SCHOOL RECEIVES GIFT OF \$75,000

Radcliffe Creek School, located in Chestertown, received a \$75,000 gift from Barbara Thomas and family members of her late brother, John Lane.

The donation assisted several students with tuition costs for the 2018-2019 school year, as well as created funding for additional donations and revenue to help Radcliffe's operating budget.

Just this school year alone, Radcliffe has committed over \$400,000 in financial aid.

Friends of Queen Anne's County Library Provides Funding for Summer Reading Programs

Last summer, nearly 2,000 children and almost 800 adults participated in the Summer Reading Program at the Kent Island and Centreville libraries. To make this possible, the nonprofit organization Friends of Queen Anne's County Library (FQACL) supported the program by providing all of the funding. As an incentive to encourage community members to go to the library, as well as to celebrate their theme of "Libraries Rock," FQACL partnered with Stevensville-based PRS Guitars and raffled off a brand new PRS guitar, valued over \$650. There were more than 1,500 entries into the contest, but 10-year-old Zander Smith took home the guitar.

Do you have community or business news to publicize? Send What's Up? an email at cbreese@whatsupmag.com.

Talisman Therapeutic Riding Hosts Annual Rider Cup Golf Tournament

On September 11th, Grasonville-based Talisman Therapeutic Riding, Inc. hosted its fifth annual Rider Cup Golf Tournament held at Eisenhower Golf Course in Crownsville. The event raised \$10,400, which benefits warriors and first responders from Talisman Therapeutic Riding's program Heroes on Horses. A total of 56 players competed, and more than half were warriors from Walter Reed, Fort Meade, United Service Organizations (USO), and Baltimore and Annapolis Veterans Affairs centers. Additionally, Mission BBQ provided attendees lunch and dinner.



Left to right: TTR Rider Cup winning team CW2 Jason Lawson, CW4(r) Jesse Branham, and CW4 Nate Jones. Photo by Chera Howey

QUEEN ANNE'S COUNTY HIGH SCHOOL STUDENT NAMED FIRST PLACE ARTIST IN MARYLAND

Jenna Hauser, an 11th-grade student at Queen Anne's County High School, received first place in the fourth annual statewide student artwork exhibition, which is presented by First Lady of Maryland Yumi Hogan. The exhibit, which takes place at the House of Delegates, features the best artists from all 24 counties in Maryland, kindergarten to grade 12. Hauser took first place for her self-portrait graphite drawing, and received the only award presented to a high school student in Maryland.

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TOWNE ATHLETE

Allison Curry

Kent Island High School Ice Hockey, Softball

By Tom Worgo

Allison Curry is committed to ice hockey. How do we know? Curry commutes 90 minutes from Kent Island to Rockville three or four days a week for two-hour practices with her under-19 Washington Pride major junior travel team.

That makes for some long days given all she does at school. Many nights, Curry, a senior at Kent Island, doesn't get home until 9 p.m. That's on top of the long hauls on the weekends for away games against teams scattered across New England, Ontario, and Quebec and tournaments in Vancouver and Europe.

Curry will get up at 5:30 a.m. to do homework, and she usually has a lot of it. She carries a 4.29 grade-point average. "When I get home, and if I feel brain dead for the day, I will just shower and go to sleep," Curry explains. "It's definitely a grind to keep my grades up and stay super committed to all the clubs and things like that."

Curry balances her academics and extra-curricular activities nicely. The 18-year-old takes advanced placement courses in physics, calculus, and computer science and is active in the Spanish Honor Society, Math Honor Society, Fellowship of Christian Athletes, and student government.

Curry has also played on the school's co-ed ice hockey for four years as well as the varsity softball team for three. Kent Island Athletic Director Daniel Harding praises Curry for her dedication to clubs, academics, and athletics. She even played varsity soccer as a freshman, and earned Bayside Athletic Conference Honorable Mention honors. "She is great at anything she does," Harding says. "She is in that elite category for student-athletes that we've had here. She is an amazing athlete."

With former Pride players like Olympian Haley Skarupa providing inspiration for Maryland girls, Curry is looking to take the next step and play hockey in college.

The 5-foot-5 Curry intends to play at one of two Division III schools: Hamilton College in Massachusetts or Wesley University in Connecticut. "It will be my last four years to be competitive with hockey unless I go farther and play on the national team," says Curry, who's interested in majoring in pre-med and becoming an orthopedic surgeon.

This season marked Curry's third playing on the under-19 Washington Pride team.

Games started Labor Day weekend and the season finishes with a trip to the USA Hockey Nationals in early April. She plays a vital role for the Pride as a gritty forward.

"Her work ethic and tenacity are her strengths," Washington Pride under-19 Coach Kush

Sidhu says of a player who has competed on boys teams for eight years, including four on the Kent Island High team. "She's really difficult to play against," he explains.

"She puts a lot of pressure on the opposition," he adds. "She is relentless and a blue-collar, grinding type of player. Those type of players are invaluable."

"When I get home, and if I feel brain dead for the day, I will just shower and go to sleep, it's definitely a grind to keep my grades up and stay super committed to all the clubs and things like that."

When the Pride's hockey season is over in April, she shifts to excelling for Kent Island.

She's a three-year varsity performer who's in the infield or outfield.

Curry missed the first part of the 2017 campaign with a broken arm, and Buccaneers' Coach Justin Lewis couldn't wait to get her in the lineup.

"Once that cast came off, I said, 'Are you throwing yet? Are you throwing yet?'" he recalls. "When she came back from her injury, she was a huge boon to us. She is in the discussion as the most important player on our team."

Do you have a local athlete to nominate? Send What's Up? an email to tworgo@whatsupmag.com.

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R-E-S- P-E-C-T

Current economic expansion has not felt the love, until lately

By Anirban Basu

This has been the Rodney Dangerfield of economic recoveries. One would think that the current economic expansion would garner much respect. The recovery is now neatly into its 10th year, and is now the second longest on record. Absent the onset of what would be a very surprising recession by mid-year 2019, this will become the longest period of economic growth in America's history. That's impressive given how much the U.S. economy has achieved over the course of nearly a quarter-millennium.

Over the course of time, the expansion has produced nearly 20 million net new jobs, driven unemployment toward multi-decade lows, and produced an unprecedented level of available job openings. Additionally, it supported a stock market boom that has produced previously unknown levels of financial wealth, and which has supported a substantial rebound in both nonresidential and residential values. The expansion has also provided support for state and local governments to recover financially, which in turn has translated into significant growth in infrastructure spending even absent a federal stimulus package. Between August 2017 and August 2018, construction spending in many infrastructure categories grew robustly, water supply (plus 37 percent), conservation and development (plus 34 percent), transportation (plus 23 percent), and highway/street (plus 14 percent).

Despite all of this, for years, the current economic expansion was viewed as disappointing. People complained, and many still do that wage growth was too soft. Yet others complained about sub-par Gross Domestic Product and productivity growth.

But that has changed more recently. Consumer and business confidence have been surging. Tax cuts passed late last year seem to have unleashed some positive animal spirits, creating a level of enthusiasm for the economy that had not been observed during its early years.

While many fretted about tariffs and trade wars, thus far the damage has been minimal for most economic actors. Trade agreements have already been reached with Mexico, South Korea, and Canada. The U.S. and European Union remain engaged in trade negotiations, and there is every reason to believe that America's European allies will eventually see fit to

open their markets more fully to producers representing the world's largest national economy. The wildcard, is of course, negotiations with the Chinese, who are associated with the world's second-largest economy. However, several months ago, it appeared to be America versus the world. Now, it's the U.S. versus China, with the implication being that the level of prospective disruption to trade will likely end up being far smaller than what was feared in early-2018.

Peak around the curtain, however, and there remain items to be concerned about. The national debt has crossed the \$21 trillion mark. The federal fiscal year that began on October 1st will be associated with an annual budgetary shortfall exceeding a billion dollars, according to the nonpartisan Congressional Office. This is occurring at a time of relatively rapid national growth, which means that America has yet to constrain its habit of excess federal spending.



Then there is the matter of burgeoning inflationary pressures and rising interest rates. For now, asset prices, whether stock prices, home prices, or commercial real estate values, have managed to increase even in the context of rising costs and tighter Federal Reserve policy. In late-September, the Federal Reserve raised interest rates again, this time bumping the Fed Funds rate up to 2.25 percent from two percent. That marked the third time this year and the eighth time over the past three years that the Federal Reserve has tightened monetary policy in this manner. While raising rates, Fed officials expressed confidence in the near-term performance of the economy.

But all good things must come to an end, and if inflation becomes more apparent in the year ahead, financial markets are unlikely to perform nearly as well as they have been, especially if the

Fed continues to tighten in response. A significant decline in asset prices likely represents the leading threat to the U.S. economy in 2019 and beyond. The next downturn is unlikely to be nearly as severe as the 2007–2009 episode, and may look far more like the 2001 recession, which lasted less than a year, but which also destroyed a considerable amount of financial wealth in the process.

The wildcard, is of course, negotiations with the Chinese, who are associated with the world's second-largest economy.



About

Anirban Basu

Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, with offices in Pennsylvania and Cambodia. The firm provides strategic analytical services to energy suppliers, law firms, medical systems, government agencies, and real estate developers among others.

In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. He also serves as chairman of the Baltimore County Economic Advisory Committee. He is also the Chief Economist to Associated Builders and Contractors and Chief Economic Advisor to the Construction Financial Management Association. He serves similar functions for Visit Baltimore, the Maryland Association of Realtors, and Marcum, LLC.

He lectures at Johns Hopkins University in Global Strategy and has also taught international economics, urban economics, micro- and macroeconomics at Hopkins. His radio show can be heard weekdays on 88.1FM, WYPR, Baltimore.

In both 2007 and 2016, the Daily Record newspaper selected Mr. Basu as one of Maryland's 50 most influential people. The Baltimore Business Journal named him one of the region's 20 most powerful business leaders in 2010.

Basu has been on many boards, including First Mariner Bank, the Baltimore City Public School System, Port Discovery, the Baltimore School for the Arts, and Union Memorial Hospital. He is currently on the boards of St. Mary's College, the University System of Maryland Foundation, the Center for Emerging Media, the Lyric Opera House, and the Archdiocese of Baltimore School System.

Basu earned his B.S. in Foreign Service at Georgetown University in 1990. He earned his Master's in Public Policy from Harvard University's John F. Kennedy School of Government, and his Master's in Economics from the University of Maryland, College Park. His Juris Doctor was earned at the University Of Maryland School of Law.

THE 2019 MARYLAND LEGISLATIVE SESSION PREVIEW

**NEW GUN-RELATED LAWS, MORE CASINO-BASED
SCHOOL FUNDING, A CONTINUING OPIOID EPIDEMIC, AND
A 20-YEAR TRANSPORTATION PLAN | BY MARK CROATTI**

Last year, the Maryland General Assembly focused on transportation projects delayed since the 2017 session, an opioid epidemic that had claimed more than twice as many lives in 2017 than in 2016, and the local impact of a national focus on Confederate-era statues. That issue came to the forefront after a Charlottesville, Virginia, march on August 17, 2017, by white supremacists ended with the killing of 32-year-old Heather Heyer, who was run over by a car driven by a neo-Nazi. While it had already been in the planning stages, right after Heyer was killed—in the dead of the night—Maryland quietly removed the statue of Supreme Court Chief Justice Roger Taney, who had ruled against Dred Scott in 1857. While for many, a painful chapter in Maryland’s past had been removed from public display, no one could have foreseen that Maryland was about to endure an extremely heartbreaking 2018.

A YEAR OF TRAGEDY

Last March 14th, a 17-year-old killed a classmate, Jaelyn Willey, at Great Mills High School in St. Mary’s County—Maryland’s first student-student shooting fatality on a school campus. On May 10th, Baltimore County Executive and Democratic gubernatorial candidate Kevin Kamenetz died of a heart attack (Ben Jealous then won the Democratic Party’s nomination). On May 27th, the second major flood in three years (and the third in seven years) roared through Ellicott City, killing Eddison Hermond. On June 13th, University of Maryland freshman offensive lineman Jordan McNair died from heatstroke after the coaching staff waited almost a full hour to call paramedics (several coaches were placed on paid administrative leave including Head Coach DJ Durkin, who was eventually fired). On June 28th, Jarrod Ramos,

long disgruntled by a 2011 *Capital-Gazette* article about him (and the dismissal of his defamation lawsuit in 2015), went to the newspaper’s headquarters with a shotgun and killed editors Gerald Fischman, Rob Hiasen and John McNamara, reporter Wendi Winters, and sales assistant Rebecca Smith. It was the first major attack on a newsroom in American history. An exhausted Governor Larry Hogan, himself recovering from cancer treatment, raced to crime scenes and police barricades and memorial services seemingly round-the-clock. “That’s our hometown newspaper, and it was a shock to all of us,” Hogan told *What’s Up? Media*. While most of these events occurred after Maryland’s 2018 General Assembly session ended, legislators responded after the Great Mills High School shooting; a record 3,101 bills were submitted by the end of the session, many targeting crime-related issues ranging from reducing violence in Baltimore to increasing school safety in general. On April 24th, Hogan signed into law three new gun regulations, including banning bump stocks—“rapid-fire trigger activators” that accelerate fire in semiautomatic weapons—allowing judges to seize guns from people planning to cause harm, and requiring people convicted of specific domestic violence offenses to prove they do not have a firearm. The governor also signed two other major laws in 2018, one to provide free community college to qualified applicants and another to usher in the “Maryland Model” of health care by

“adopting the first alternative payment model to shift hospital payments to full global budgets,” according to Seema Verma, Administrator of the federal Centers for Medicare and Medicaid Services (CMS). It’s all part of a record \$45 billion budget, which is up from \$43 billion the year before.



WHAT'S AHEAD IN 2019 SCHOOL FUNDING

Maryland’s budget for 2019, extending into the fiscal year 2020, is expected to top a record \$47 billion. Education, health care, and transportation projects will once again lead the way as budget priorities. In fact, by the time a new Maryland legislature is seated in January, one issue will have already been decided regarding school funding from Maryland’s six casinos, a topic highlighted in last year’s legislative session preview. Voters will determine in November if the state should be mandated to spend 100 percent of casino revenue on K–12 education. This could supplement school funding from casino revenue by up to \$500 million annually when fully phased in over a four-year period.



OPIOID CRISIS

The biggest issue left over from the 2018 legislative session is the horrific opioid epidemic. Maryland remains one of the top five states in opioid-related deaths nationwide with totals that have exceeded the national average since 1999. The Maryland Department of Health said that fentanyl, combined with heroin or cocaine, was responsible for a 20 percent increase in opioid-related deaths in 2018 (after setting a record in 2017). Maryland is expanding its crackdown on those who provide these drugs. After Hogan suggested suing opioid manufacturers and distributors, Attorney General Brian Frosh called for an outside law firm to help go after them by providing special litigation counsel in his ongoing investigation.



MARIJUANA

Last year, State Senator Richard Madaleno sponsored a bill to legalize recreational marijuana and levy a nine percent tax to pay for community college tuition and treatment for opioid dependency, among other things. It didn’t pass, but the General Assembly did approve an increase in the number of medical marijuana-grower licenses from 15 to 22. While Democratic gubernatorial nominee Jealous was advocating legalizing marijuana as part of his criminal justice reform plan, a General Assembly bill that would have decriminalized possession of one ounce of marijuana (up from the current ten grams), proposed by Baltimore County State Senator Bobby Zirkin, did not advance after passing in the Senate. Ten grams “was a number picked out of the sky by the House Judiciary committee,” Zirkin told *The Baltimore Sun*. Other states have decriminalized amounts ranging from 21 to 42.5 grams.



TRANSPORTATION

In August, the Maryland Department of Transportation (MDOT) announced a new reconstruction project that will start in Wicomico County at a 60-foot-road intersection on U.S. Route 50 costing \$3.14 million that won’t finish until the 2019 legislative session ends, one of several recent Eastern Shore state highway initiatives. These and other related projects will become commonplace under the 2040 Maryland Transportation Plan to be unveiled in 2019 as part of a 20-year strategy to “modernize Maryland’s multimodal transportation system,” according to MDOT. Every five years the department updates its identification of specific aviation, bikeway, bridge, pedestrian, port, road, and transit projects that will be funded. A more immediate concern is old Ellicott City. Estimates of what it would take to make the city safe have gone into the tens of billions of dollars—and even that might not work, some say. There are several reconstruction ideas

being considered, including destroying some of the remaining historic buildings along the Patapsco River and designing a river walk to accommodate future flooding. There may be a new face in store for a city that dates back to 1772 and boasts the ruins of the Patapsco Female Institute and such Civil War-era history as a makeshift Union army base and the theater where a young John Wilkes Booth allegedly first performed.

The General Assembly will also take interest in the final report of the investigation into the death of University of Maryland football player Jordan McNair. Those include allegations by *The Washington Post* that the school had rejected a plan to place the health care of its football players in the hands of an independent body so that doctors, rather than coaches, would decide if an athlete needed immediate medical attention. The rest of the agenda for 2019 will come into focus “after the general election, given the turnover in the legislature,” Alexandra Hughes, Chief of Staff to House of Delegates Speaker Michael Busch says. Indeed, after November, old Ellicott City might not be the only Maryland landmark with a new face, since this is shaping up as one of the most intriguing midterm elections in Maryland’s history, with the looming fight over redrawing Maryland’s electoral districts in 2020 waiting in the wings for the next body of legislators.

Mark Croatti teaches Comparative Politics at The United States Naval Academy and The George Washington University. He is also the Director of The Hall of Presidents Before Washington at the Westin Annapolis hotel. He has covered state politics for various publications since 2004.

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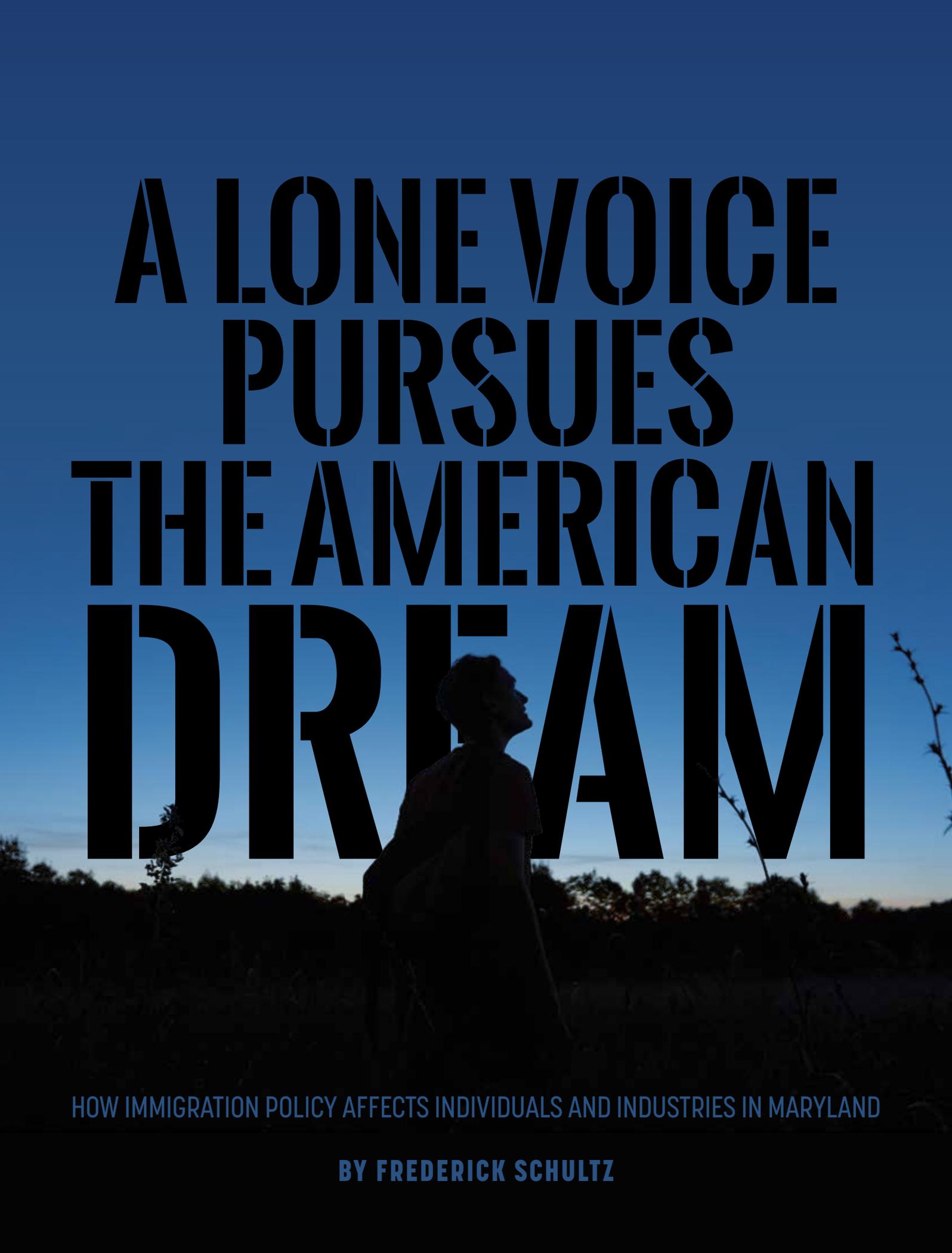
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A LONE VOICE PURSUES THE AMERICAN DREAM

HOW IMMIGRATION POLICY AFFECTS INDIVIDUALS AND INDUSTRIES IN MARYLAND

BY FREDERICK SCHULTZ



The largely silent people who comprise the immigrant Latino population in this region are scared in the current political climate, so much so that no one is willing to talk—except one.

“America: Love It or Leave It” was a derogatory slogan in the 1960s and early ’70s aimed at anyone who opposed U.S. involvement in the Vietnam War. Some of their convictions were so strong that people did, in fact, “leave it” and made new lives for themselves elsewhere, Canada being a preferred destination.

Today, most immigrants in this country do “love it,” for various reasons, and they desperately don’t want to “leave it.” But many are confronted with uncertain futures and the prospect of deportation. They are mostly from Latin America, they are a legion among us, and they are the principal force behind this story.

IT’S ALL COME DOWN TO THIS

On any given night, headlights shine through windows at 2 a.m. and shut off quickly when unrecognized vehicles drive up. Full pickups and cars park haphazardly in the dark. Doors opening and closing make a loud thump after mattresses and other rudimentary furniture are hastily loaded and unloaded.

School children, making no eye contact as they hurry by, scramble to catch the bus in the morning and scurry to open front doors whence they came after being dropped off in the afternoon.

Spanish-speaking men in landscaping-company T-shirts, 17 of them in all, file out of a parked Winnebago motor home and into a Mexican food takeout on a day when tacos are the special. An English-speaking construction worker waiting in line says to no one in particular, “I bet they even live in that thing.” One of the braver young men speeds to the front door atop a stand-up Gravely mower to pick up his own quick lunch so he can get back to work, maybe unnoticed. Short-order cooks across the city usually just nod and smile when asked a question as they try to find somebody else to answer it while they slave away over a hot grill.

Anyone who speaks anything but English seems more frightened these days, with seemingly constant looks of distrust on their faces. In at least one case, a man admits that even his wife, a Canadian, is now apprehensive about living in the United States.

But still no one wants to tell their story, and understandably so.

NO ONE TO DO THE WORK

For those having watched these scenarios and at least indirectly allowed them to play out, the old saying “Be careful what you wish for” is now rearing its ugly head. The impact of deportation and other crackdowns on illegal immigrants goes mostly unnoticed at worst, and underappreciated at best, until it starts to affect the lives of larger and larger parts of the consumer population.

The more affluent among us have begun noticing that fewer workers are available to perform menial tasks like tree-trimming, fence-building, swimming-pool digging, housekeeping, and landscaping. For example, as anecdotal accounts have it, weekly lawn-mowing last summer had gone to every two weeks, attributed mostly to the worker shortage.

Hit especially hard—and well-reported by local media—has been the seafood-processing industry, where visas for temporary seasonal Mexican laborers last spring went from “first-come, first-served” to a lottery system with no guarantees. According to Tom Jockel, a manager at Annapolis Seafood Market, “The visa lottery has had a big impact on both product and availability—and thus price.” Those temporary visas for migrant workers are what kept the same people coming back to the Eastern Shore for decades “just to pick crabs and shuck oysters,” Jockel explains. “And nobody local wants to do that work.”

From someone who helps run one of the largest retail seafood operations in the area, Jockel says “the atmosphere has a lot of people nervous—what the next ‘rule change’ is going to bring to immigrant status in general.” The bottom line for this part of the business, Jockel warns, has changed at an astonishing rate in less than a year: “One of the packers we buy from got no visas for their annual seasonal migrant workers, and the company’s production is only at 30 percent. No



Women pick crabs at the W.T. Ruark Seafood Co., on May 17th, 2018 in Hoopers Island, Maryland. Due to a new lottery system this year several seafood companies failed to get temporary H-2B visas for their mostly Mexican workforce that has been coming to the Maryland eastern shore for over two decades to pick the crab meat that is sold in restaurants and stores on the east coast. (Photo by Mark Wilson/Getty Images)

one else local wants to step in and do the work at entry-level wages. Even base-pay raises haven’t worked.”

One wholesaler of Chesapeake Bay seafood products is reportedly considering moving his entire operation to Mexico, seeing it as more cost-effective to bring the jobs to the workers and not buy into the current visa trend.

IN SEARCH OF IMMIGRANT STORIES

We wanted to learn first-hand how immigration policy is now affecting the “American Dream” for immigrants. We started by speaking with Ward 5 Annapolis Alderman Marc Rodriguez, a native of Mexico, soon after his return from a trip in August to Dilley, Texas,

which was covered thoroughly in *The Capital*. He had assisted at the South Texas Family Residential Center for asylum seekers with children separated from their mothers before what is called a “credible fear” interview. Most are from the triangle countries of Guatemala, Honduras, and El Salvador, and, Rodriguez says, “they had been literally running for their lives.”

Tying that experience to Annapolis, the alderman says that Central American organized-crime groups more easily “threaten and extort” their countrymen in this region because asylum seekers are afraid of local law enforcement officers, the main reason being that they have never had good experiences related to people with badges. He told us that he might be able to persuade a couple he

“ Sometimes people don’t realize that we come from different cultures and different countries. They just pretend that we all come from the same place.

knew to talk to us. But after a rather long wait, the Mexican man and woman he was pursuing decided against it.

Rodriguez suggested that we contact Adriana Lee, the city’s first full-time Hispanic Community Services Specialist, who is a font of knowledge concerning the exhaustive services being made available to help immigrants in Annapolis. But telling the stories of some of the people she has helped, much less hooking us up with someone willing to talk, was understandably out of her purview. So, she offered the business card of Sean Schneider, executive director of Centro de Ayuda (Center of Help), with the motto “Building lives for new Americans.”

According to Schneider, the nonprofit center’s mission is “to assist all immigrants—not only Latinos, but, to date, also people from Macedonia, Korea, Japan, China, and Bangladesh—to integrate into the local society.” He offered to try finding someone who would agree to an interview, but our conversation went in an unexpected direction. “No wonder you’re having a problem getting people to talk,” he says, “because there’s that fear among them that is pervasive, especially among Salvadorans.” Schneider went on to recall an article he wrote last spring for the *Capital-Gazette*, promoting an event his organization hosted. “I subsequently received vehement emails, with racial epithets and threatening violence. And they all hid behind anonymity, sending their messages from trash email accounts.”



A CONVERSATION WITH ‘SALVADOR’

At this point, it was decided to go with the one and only interview we had done with an actual immigrant. Because of his home country, we’ll just call him “Salvador.” And he will remain anonymous here, not because he demanded it, but because we didn’t want this discussion to have any repercussions.

A word here about anonymous sources: In politics, they are a dime a dozen these days, when the only consequence to the source is perhaps losing a plum position in government because he or she secretly tried to undermine the boss. In top-tier journalism, anonymity is equally pervasive, most often because it has become the only way to get to the “truth”—using here the classic definition of that term. When it comes to expressed views and reports on immigration reform—especially from the people it affects the most—the stakes can be quite high.

Here’s what Salvador had to say in our interview, edited here for brevity and clarity and with his approval:

WHAT MADE YOU COME TO THE UNITED STATES?

Family. I’m always willing to help. My family is hungry for help. I have four

brothers and four sisters. Neither my mom or my dad had a professional education there. They and their parents were born to generations of being poor. Education wasn’t too much there to reach out.

WHAT IS THE MAJOR DIFFERENCE BETWEEN THERE AND HERE?

They don’t have jobs like I have here—six days a week, making certain money. To get what we need, the trouble was a lot. Now, I have a daughter here, and I have to look out for her. But I do send a little bit of money home to my parents.

WHAT WAS IT LIKE TO BE A CHILD IN EL SALVADOR?

I started work there at about 11 years old. My parents couldn’t buy us all shoes or clothes. So, every time we had a chance to do something to make some money, we did it. Me and my brothers went through a lot. Sometimes we were hungry, not having much clothes, only had one pair of shoes and wore them until they were no good anymore. We were poor, and it was bad.

WHAT HAPPENED THAT GAVE YOU A WAY OUT?

I do have a few friends from school here in the U.S. I told my mom one

day, I said 'Look, the first opportunity I get to live the American dream, I'm gonna take it.' My mom looked at me and said 'I don't want any of my children to separate from here. I want to keep them all.' But I said I wanted to buy my little brother shoes. I wanted to buy my sister a dress. And that's what I did. A few friends from here told me they could help me out.

DID YOU GO TO SCHOOL?

I went to school in El Salvador to the ninth grade. We had English class three days a week. So, I started to learn the basics, like how to say hello to someone. But I couldn't really keep up a whole conversation at that point.

WHAT THINGS FRUSTRATE YOU ABOUT LIVING HERE?

Sometimes people don't realize that we come from different cultures and different countries. They just pretend that we all come from the same place. I'm not Mexican, and neither are a lot of us. But people call us that. I've never been to Mexico. I came here to do better. I don't want to do anything wrong and do want to keep my record clean. No one has anything on me that they can judge I did anything wrong.

HOW HAS VIOLENCE AFFECTED LIFE IN YOUR HOME COUNTRY?

Violence in my country now is getting worse. My brother had a bad experience a few months ago. Where he used to work, one of the gangs killed one of his coworkers. So my brother said he had to leave the job site because he was scared that they would also come and look for him, only because he was working with that other person. But my brother—any of my brothers—have nothing to do with gangs. My parents are very Catholic, and they

taught us well. But yes, it is very dangerous and getting worse.

The gangs go against each other. The bigger problem is, they don't just hurt each other, they hurt innocent people. They threaten, they steal. If you have a business in one of their territories they come and make you pay monthly for being there. Supposedly, that way, they don't hurt you or hurt your business.

The way that President Trump started, he started pretty hard, judging a whole group of people based on only a few. You can't just judge a whole group that way, when you don't know who they are and where they're coming from. It bothers me. I know some people do bad things, but that's their choice—and it's their problem, not mine. When you judge a whole group, that means you're judging me.

I'm not doing anything wrong. I'm just here doing the job I'm supposed to and being a good father and a good son and a good employee. Every time I have a chance to help someone, I help. Nearly all the money I make I'm spending in this country. I don't send it all home.

WOULD YOU LIKE TO BRING YOUR FAMILY HERE?

I wish I could bring my family here. I wish I could bring my dad and my mom. I'd like to try to get them a visa somehow. They're getting older. It would be easier for them to get a temporary visa. You have to prove that you own something there (in El Salvador), property or animals. Now my plan is to work harder, to buy them something in their name. They know that they would have something and they would not need to stay here. I have a cousin, and I'm pretty sure she can help me out with that, so I can see my parents again.

IS YOUR "AMERICAN DREAM" COMING TRUE?

My American dream is getting there. I'm very busy. I work six days a week for the last five years. I'm okay with that, and I like what I do. Good people who are trying to do their best are all affected by the bad people. That's the sad part. I want for everybody to know what I do and that when I work for people they can trust me. On my day off, I take care of someone's house. It's a big house owned by business people who treat me like a son. They trust me. Not all of us are the same. We all have different points of view.

WHAT'S YOUR BIGGEST FEAR ABOUT THE FUTURE OF EL SAVADOR?

The gangs are an infestation out of control. The police are not keeping up. It's everywhere now. The only quiet places are out of the city. I'm from north of San Salvador city, close to Honduras. Elections are next year. He [the leading candidate] is already doing more right now without being president. The past few presidents stole money from the country—millions of dollars.

YOU SEEM TO BE WELL ACCLIMATED TO LIVING HERE. WHAT'S YOUR SECRET?

I'm keeping my head up and trying to do the best I can and trying to help others. And I always have a good appearance, because that helps in the long run.

Frederick Schultz' journalistic work has appeared in numerous national and international publications, including American Heritage, American History Illustrated, the Chicago Tribune, Country Journal, and Naval History, among others. He is author of the book History Makers: Interviews (2000).

MAKING THE STUDENT INTO THE MASTER



How public and private schools are evolving to meet student needs and social complexities

Few could argue that our children's education is among the top most concerns of city, county, state, and federal leaders. The recent electoral cycle—both the presidential election of 2016 and the local elections of 2018—have cast a bright spotlight on important issues in education. While these issues and the remedies for them depend on who's on the podium at any given moment, we can all agree that the challenges our schools, our administrators, our teachers and our students face today are more pressing and more complicated than ever. Rising rates of teen suicide. Rising rates of both occurrence and intensity in bullying. Escalating drop out rates. Bigger classrooms and fewer resources. The politics of finance. Not enough resource teachers, social workers, career counselors, or safety officers. The struggle to achieve genuine inclusivity and diversity. The list goes on and on.

Between 2012 and 2016, over one-tenth of Anne Arundel County residents that committed suicide



were age 10 to 24 years old. During that period, 79 percent of the youth suicides were male, and 90 percent were white. Suicide attempts show a slightly different story. Youth suicide attempts comprised half of all suicide attempts for Anne Arundel County, 71 percent of which were female. In the 2015–2016 school year, Anne Arundel County school health rooms reported 134-crisis interventions specific to the threat of suicide.—*Anne Arundel County Department of Health, Trends in Youth Suicide, September 2018.*

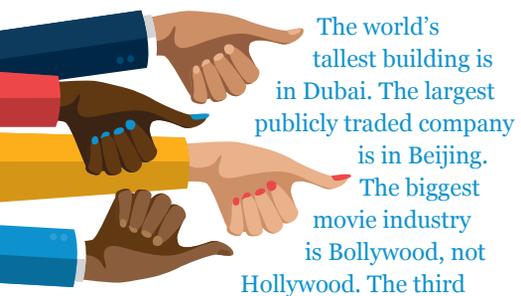
These issues barely mark the tip of the iceberg. And they aren't isolated to public schools; indeed, both public and private schools share these concerns and many others. Anne Arundel County Schools declined to comment for this article, but we recently spoke with several other thought leaders in education and childhood development about current issues in education. We identified four issues most schools have in common. We also talked about creative and innovative solutions to those issues. Here's what we learned.

DIVERSITY AND INCLUSIVITY

When politicians talk about diversity in schools, it is often in terms of race. But what educators are concerned about is the question of how to create a complex tapestry that reflects a multitude of individuals. In fact, there are many forms of diversity: differences in family income that impact how readily parents can support learning; differences in color, race, and sexuality that impact how comfortable students and families feel in the school community; differences in languages that impact everyday lessons; differences in thought that drive student and administrative leadership; and differences in learning styles that impact how a child will be approached in terms of teaching, and by whom. Schools face the challenge of acknowledging all of these differences, and then of going even farther by embracing them.



Managing classrooms and encouraging students from different backgrounds, with different needs and different levels of family support is a complex and difficult task. Why celebrate all of these differences when it's so much easier to embrace what is familiar, comfortable, and less demanding? Why focus on diversity?



The world's tallest building is in Dubai. The largest publicly traded company is in Beijing. The biggest movie industry is Bollywood, not Hollywood. The third richest family in the world is Mexican, the fourth is Spanish, and the fifth is French. The world's largest economies include China, Japan, and Germany. Russia is the world's largest country. Qatar is the richest per capita. Accounting, tax prep, bookkeeping, payroll services, and legal services, all available to customers through any electronic connection from anywhere in the world, are the most lucrative

industries. Today's students will not be able to thrive, much less survive if schools aren't the standard bearers for diversity in all its forms.

Peter Bailey is the director of the Association of Independent Maryland Schools (AIMS). "We know that kids are going to operate within an increasingly global world," he says. "Working with different kinds of people from different backgrounds, cultures, experiences and even different language groups...will be extremely important in helping kids understand themselves better and in addition understand other people better."

Universally, administrators and faculty agree that celebrating diversity is vital for schools and for students. "Our students are going into a world where difference will be the norm and not the exception," says John A. Lewis, IV, headmaster at The Gunston School, a private school in Centreville. "Schools need a curriculum made up of windows and mirrors: you want students to see

themselves in the curriculum, but also look out into the world."

At Gunston, diversity is apparent everywhere, whether it's in the exchange students who make up about 15 percent of the student population, or in the less obvious statistics that show Gunston students come from a range of socio-economic backgrounds. Neither of these barometers is necessarily unusual. A better indication of how a school embraces diversity across the board is to look at their mission statement and action on the ground. Anne Arundel County Public Schools made the phrase "elevate all students and eliminate all gaps" the number one mission in their current strategic plan. "All means all," is AACPS Superintendent George Arlotto's battle cry.

The AACPS Board established an Office of Workplace Diversity in 2008 to support the goal of hiring teachers and staff who reflect a diverse student body. Gunston hired a Director of



HEALTH AND WELLNESS

If you are anxious and depressed, says Lagarde, academic success is not going to follow. One significant challenge schools are facing since 2015: students are more anxious and depressed than ever before. Suicide and attempted suicide rates are rising across the country, and in Anne Arundel County specifically. Why do our children feel such depression? Answers vary. Is it related to the recent economic collapse, an innate worry about the future absorbed from parents? Is it related to the divisive nature of modern discourse? Is it fear for personal safety? When children are shot at schools just a couple of counties over, when fellow students are murdered or beat up by gangs, it's difficult to feel safe, even with the most earnest of reassurances and protocols. When the 24-hour news cycle sows seeds of division and doom, it's hard for young people to process what to believe and what to ignore.

For public schools especially, health and wellness is an issue heavily impacted by budget and politics. Funding determines access to social workers, counselors, and medical professionals. Students whose first language may not be English are especially vulnerable, so having translators (English for Speakers of Other Languages), teachers and counselors with cultural competency is especially important. The Board must agree to progress programs that address health and wellness well beyond physical education and sex education, and the county executive must agree to fund the board's requests. The ability to create or to cut programs that can make or break student health and wellness is countered by the fact that public and independent schools have a mandate and a mission to protect and serve children.

“The emotional health and wellness of our students are as important as academic capabilities in terms

Global Programs and Diversity in 2011, a substantial commitment for an independent school. Professor Scott Page, in his book *The Difference: How the Power of Diversity Creates Better Groups, Firms, Schools and Societies*, theorizes that teams of people find better solutions than brilliant individuals working alone. *The Difference* puts forth the idea that “progress and innovation may depend less on lone thinkers with enormous IQs than on diverse people working together and capitalizing on their individuality.”

Diversity drives groups of individuals to better understand each other and work together, but inclusivity is the key to great success. “You have diversity, and then you have inclusion,” Severn School Headmaster Doug Lagarde says. “You can be diverse and not be inclusive.” When children feel overlooked, categorized, or stigmatized, they simply cannot feel that they belong to a larger community. It's that feeling of being excluded that can demotivate, stunt, or outright stop learning potential. “There is a script that must be delivered and modeled,” Lagarde says. “I care about you, you are a part of this group, we have high standards, I believe you can meet those standards, and I will help you meet those standards.” Without a sense that they are intrinsically

included and valued, children will struggle to develop a sense of confidence.

This lack of self-confidence can snowball into an inability to be independent, to be competent, and to relate to others. To address inclusivity, Severn School formed an Inclusion Committee of students, faculty, and teachers whose goal was to write an Inclusivity Mission. That mission became an aspirational north star for the entire school, Lagarde says. “Know and Value is our bumper sticker,” he explains. “If we as adults know and value our students for who they are and what they bring to the table and their promise, they feel valued, confident, and optimistic about their future.”

“If kids don't feel connected with teachers and with their peers, intrinsic motivation can take a hit. Then you can go down the slippery slope of trying to use all kinds of extrinsic reinforcers (rewards, praise, threats of punishment), and sense of autonomy is lost and intrinsic motivation can be undermined. All three ingredients are important to intrinsic motivation: competence, autonomy, and relatedness.” —Dr. Tim Herzog, a licensed clinical professional counselor



of a student's success in school, in college, and ultimately in career and life," Bailey explains. He says one way independent schools can address health and wellness issues is to create communities where each student is known well by each teacher. "In small environments, like independent schools, we have a close eye on our students," says Nancy Mugele, the head of Kent School, a K-8 private school in Chestertown. "We intervene when we know there is an issue and we build a culture of caring and respect where the students' families are known and where the students are known, so that students feel safe." This theory of care—that if children are well known, teachers might be better able to identify concerns and then find the necessary resources to help—has led many private schools to create advisories.

In an advisory, a teacher counsels a small group of children, usually across a span of grades or ages. The group is small enough that the advisor can work closely with individual children. Classwork is intimate enough for the students to learn about each other

and to practice vital social skills in a safe environment. The advisor has the time and the directive to pay particular attention to each student's well being.

Although public schools share the intention to know each student, systems as large as AACPS can't hope to match this degree of familiarity between teacher and student when homeroom classes in some middle and high schools run well over double-digits, when students are darting between classes, activities, and even campuses, or when individual schools simply don't have the staff to create regular one-on-one opportunities in the secondary grades. What the public schools do have is a structured health and wellness curriculum that begins in elementary and proceeds through high school. This curriculum, which covers everything from bullying and sexual discrimination to physical abuse, personal care, and sex education, provides multiple opportunities for kids to build relationships with school social workers, counselors, or mentors who might have the resources necessary to lend a helping hand.

TECHNOLOGY

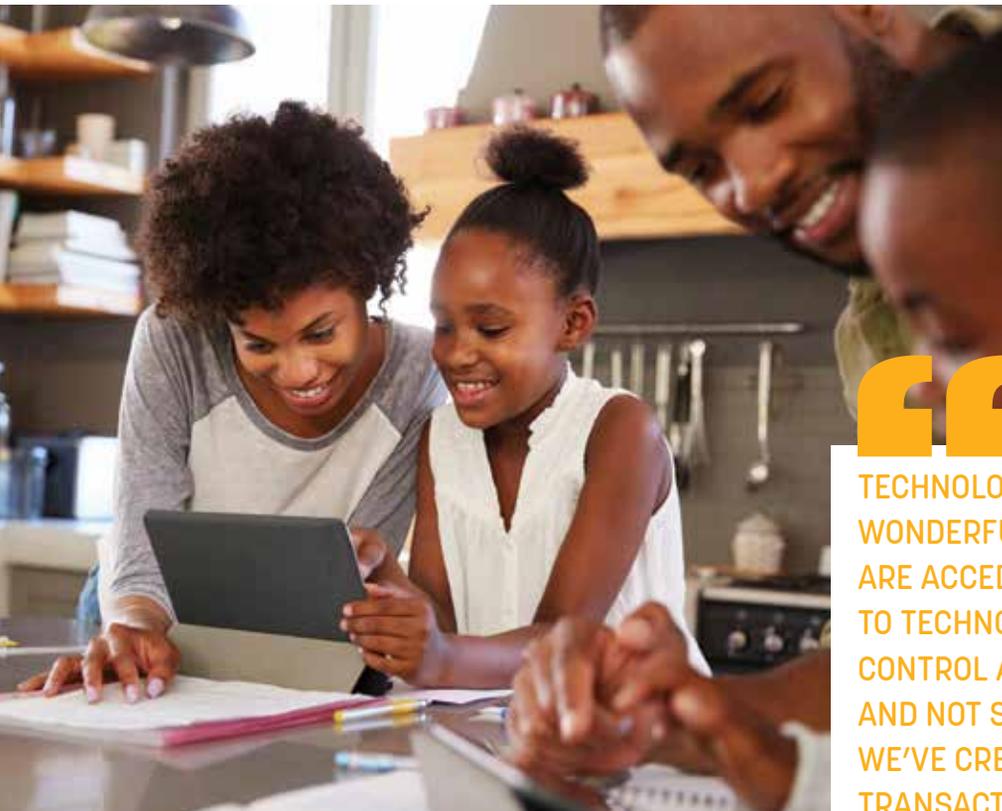
Teaching post-Google is at the top of the list of challenges in education. The use and the repercussions of technology are complicated. What type of technology do children need to learn to use? What tools should be put in place to govern the use of technology? How much technology is enough, and how much is too much?

Lagarde has tackled this issue with vigor. He sees that the advent of technology has changed communities—family units, civic kinship, and especially student communities. "[Technology] in itself can be a wonderful and essential tool, but we are acceding attention and control to technology. If we don't take back control and become the masters and not servants, we will find that we've created communities that are transactional, siloed, and impersonal."

The American Academy of Pediatrics states on its website that today's students are spending an average of seven hours each day on some form of entertainment technology, including tablets, phones, and computers. According to Amanda Lenhart's report *Teens, Social Media & Technology Overview 2015*, 92 percent of teens report going online daily—including 24 percent who say they go online "almost constantly." More than half (56 percent) of the teens aged 13 to 17 go online several times a day. Just 12 percent report once-a-day use and two percent less often than weekly.



TECHNOLOGY IN ITSELF CAN BE A WONDERFUL AND ESSENTIAL TOOL, BUT WE ARE ACCEDING ATTENTION AND CONTROL TO TECHNOLOGY. IF WE DON'T TAKE BACK CONTROL AND BECOME THE MASTERS AND NOT SERVANTS, WE WILL FIND THAT WE'VE CREATED COMMUNITIES THAT ARE TRANSACTIONAL, SILOED, AND IMPERSONAL."



The risks for this online addiction are real, and the symptoms can be severe: obesity, depression, anxiety, lack of sleep or poor sleep, vulnerability to online marketing of risky behaviors such as alcohol, drugs, and sex, and increased exposure to cyber bullying and sexting. All of these result in a lacking ability to relate to others, inability to form social skills that will guide relationships and personal success over the course of a lifetime, and, importantly, academic excellence.



Multiple reports indicate that nearly 43 percent of children have been bullied online. Only one in 10 victims will inform a parent or trusted adult about this abuse. According to dosomething.org, nearly 40 percent of all teenagers have posted or sent sexually suggestive messages. This practice is more common among boys than girls: 22 percent of teen girls report sending semi-nude or nude images, while 18 percent of same-age boys report the same.

Beside these risks, there's the fact that time spent online creates very real addictions that mean less time spent on homework, sports, family, and friends—the essential building blocks of childhood and the ways human learn social behaviors. “New research shows dependence on your smartphone may produce brain responses similar to alcohol, drug, and gambling addictions. Smartphones are like slot machines in your children’s pocket constantly persuading them to crave more,” says the website waituntileighth.org.

And it gets worse. “To an extent, you can’t blame kids, says Dr. Tim Herzog, a licensed clinical professional counselor in Annapolis who

frequently works with school-aged kids. “Social media and video games are designed to utilize principles of intermittent positive reinforcement, to get kids hooked. And it works! The neurotransmitter Dopamine floods the brain in the same manner as it would if the child were using a drug. At the same time, as [kids] text away without calling each other (a cultural norm of today), their brains produce less oxytocin, the neurotransmitter associated with emotional closeness.”

So how do schools navigate the tricky balance between enough and too much? Most schools, including public schools, pull families into the conversation about responsible use of technology. Lagarde and others say the connection between parents, students, and the school needs to be a strong triumvirate when it comes to the responsible and practical use of technology.

There are practical ways to do so. The Parent Teacher Associations at several AACPS schools have screened the movies *Screenager* and *Kirk Cameron’s Connect: Real Help for Parenting Kids in a Social Media World* for parents. Severn School hosts experts on the topic for parents and for students. Most schools draw students into becoming a part of the solution. At Severn School, Advisory Coordinator Laura Drossner, Middle School Guidance Counselor Mary Foard and Middle School Head Dan Keller developed a year-long digital-use curriculum that explored acceptable use policy, self-image and identity, cyber bullying and digital drama, and managing digital footprints. “[Technology] is a double-edged sword and we have to know that and work to control that as best we can,” Lagarde says. “We can control where and when, we can use it as an important tool, we can use it smartly and well.”

“We want our students to be good consumers of information and that’s critical for the skills they will need moving forward,” says Karl Adler, Head of St. Anne’s Middle School. “We have in house experts on the dangers and pitfalls of introducing social media to children.”



Technology is necessary for lessons that are relevant to today’s world. Students in St. Anne’s School of Annapolis’ Making the Band class use music apps to create and publish complex compositions. At Gunston, students use an online platform to dive deeper into Spanish lessons. At Severn, upper-level students can access the Malone Online Schools Network of superior online courses that enhance Severn’s existing curriculum. At West Annapolis Elementary School, students use Google Classroom and First in Math to sharpen writing and basic math skills. “Technology is a disruptor that can make some things go faster and deliver some content more quickly,” says Daniel J. McMahon, Principal of DeMatha Catholic High School in Hyattsville. “But eventually, schools (and society) will (in the most optimistic assessment), recognize the need for relationships to be cultivated between the teacher and student and will invest in those relationships.”



RELEVANCY

Our children will need to be prepared for a modern world that requires the ability to absorb career and life factors that are new, unpredictable and complex. How can schools address the challenge of creating a curriculum and culture that is relevant to this new environment? How can they ensure that children who learn differently have tools they can relate to and use in their personal, academic, and professional lives? Lagarde says that children learn from their parents and teachers: “the adults who model being agile and supple with their own skills allow kids to see how they can carry that into their own life.” Other thought leaders say that relevancy is inextricably linked to brain science. “We’ve learned more about the human brain in the last 25 years than we have in the last 2,500,” Lewis says. “Studies show that a small percentage of people are born with

executive functioning skills built into their DNA. We used to think this came from parents or through osmosis, but now we know there is diversity and we have to learn how to teach differently.” Mugele says that schools must be invested in professional learning so that faculty can know and understand the latest research on how the brain works, how information is processed, and how students learn best.

Both public and private schools must meet the challenge of keeping curriculum relevant by building in a degree of flexibility and creativity. Meg Bamford is the Head of School at Radcliff Creek School in Chestertown. She says that teachers and staff at Radcliff are heavily invested in the theories of neuroscience, a movement based on theories of brain variability. Her research and that of other neuroscience experts support the Myth of Average. “We know that average sizes, average abilities don’t exist,”

Bamford says. “People have strengths and weaknesses. The challenge...is meeting learners where they are at developmentally and academically.” This required implementation is what Bamford calls the pillars of instruction—the overarching mission of the school and the specific programs that schools and classrooms have in place to help teachers and students address connection, feedback, communication, and personalization.

Teachers have to be connected to students, and students have to be connected to what they are learning. “At St. Anne’s School, we want our students to learn with a purpose and to act with a purpose,” Adler says. Lessons have to include multi-modal, multi-sensory explicit instruction that allows for a variety of ways to express problems and solutions. Feedback in the form of instruction and assessment (tests) needs to be focused and purposeful. Because motivated learners essentially feel that what they are discovering

“GROWTH MINDSET SAYS THAT IF YOU WORK AT SOMETHING, YOU CAN ACHIEVE IT. GROWTH MINDSET CELEBRATES RISK TAKING.”

matters both now and in the future, specific lessons and tools will require more personalization.

Bamford talks a lot about personalization. It's a catchphrase she says many educators are using to describe meeting each student where they are developmental. Universal Design for Learning (UDL) is a framework to improve and optimize teaching and learning for all people based on scientific insights into how humans learn—essentially, it's a construct for personalizing the classroom experience. “UDL asks the question: if you design a building, what is the best way for people to get in—stairs or a ramp? The ramp is something everyone can use, but with stairs, not everyone can,” Bamford says. “If we translate that to education, we consider what are the barriers to education?” Barriers can be physical, motional, or mental. A child in a wheelchair might not be able to access materials. A child who is anxious might not be able to focus. Some children learn by listening, some orally, some visually. “These barriers have to be discovered and resolved before lessons are introduced and not after,” Bamford says. “As teachers, we have to figure out where a student is stuck, and think about how can we teach the child how to get out of it on their own.”

Both public and private schools have had to develop innovative programs to meet the challenge of implementing brain science and modern education research into school curriculums. For example, AACPS created strong Magnet, International Baccalaureate, and AVID programs for middle and high school aged students, and the Triple E program for elementary-aged learners.

The system's signature program is a 21st century workforce-relevant theme around which curricula, job shadowing, mentoring, co-curricular clubs, college courses, and internships are crafted. These types of programs bring relevancy, but take years to develop.

Private schools are inherently more flexible and able to implement more immediate and deeply felt measures. Severn School moved final exams from June to May. “Assessments need to be summative, but also formative so teachers can see the gaps in order to improve learning and skills,” Lagarde says. “By moving our final exams, students have several weeks before summer to synthesize and work through learning gaps.”

Through their partnership with the Center for Transformative Teaching and Learning at St. Andrews Episcopal School in Montgomery County, administrators and teachers at Kent School decided to change the middle school schedule to include longer academic blocks and fewer transitions. Brain breaks were included in the longer classes so that students could work out restlessness and maintain focus.

Gunston took a close look at curriculum and assessments before deciding to actively implement classwork and testing that addressed a range of modalities. “Assessment used to be lecture, quiz, test. The Gunston School is moving beyond the paper test to debates and essays and a range of modalities across the course of the semester that allow students to master content and consolidate information into memory,” Lewis says.

At Radcliff, teachers consider the ideas put forth by Carol S. Dweck, PhD in her book *Mindset The New Psychology of Success*. Dweck's research shows that people have either a fixed or a growth mindset. “Fixed mindset is the idea that you are born with the talent you have and that's it,” Bamford says. “Growth mindset says that if you work at something, you can achieve it. Growth mindset celebrates risk taking.” Using this research and science, Radcliff Creek shifted teaching tools to celebrate kids taking a chance, offering an answer, and discovering what happens next. “We focus on communication, education, inspiration, and empowerment, and we use a variety of tools to help students realize these pillars of education that apply to all students.”

The challenge of relevancy requires a firm and steady vision for administrators, teachers, parents and students. The programs put in place by Severn, Gunston, Kent, Radcliffe, and AACPS, among other schools, help students better understand their individual biology, how their own brains work and how to stay motivated and curious. Above all, remaining relevant will require creativity, innovation, collaboration, flexibility and the overarching prioritization of addressing the myriad needs of every type of learner.



Developed by Ann Meyer and David Rose in the 1990s, UDL says that students need engagement, representation, action, and expression.

Purposeful, motivated learners need teachers to stimulate interest and motivation for learning. Resourceful, knowledgeable learners need information and content presented in different ways. Strategic, goal-oriented learners need differentiated ways to express what they know.

Diana Love is a journalist and marketing consultant based in Annapolis, Maryland. She pursues her passion for writing about the people, places, and things that enrich our lives and impact our communities.

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PRIVATE SCHOOL GUIDE

Welcome to your 2019 Private School Guide! Choosing a private school for your child and your family's wants and needs requires considerable time and research. This year, we've revamped the format of the guide so you can more easily navigate local private schools' vital information (tuition, student/teacher ratios, key contacts, etc.) and efficiently learn about their available education philosophies, affiliations, student clubs, extracurricular programs, sports offerings, and more.

PLEASE NOTE: This information is up-to-date as of our print deadline. Because some schools have varying data points, you will see "N/A" (Not Applicable) for several schools' categories that do not apply. The Performance/Creative Arts Offerings, Extracurricular Clubs, and Interscholastic Sports categories also have varying data references because some schools have a specific number of programs, while other schools vary year to year. If you have questions or concerns, please contact the school directly.

PRIVATE SCHOOL

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
ANNAPOLIS AREA CHRISTIAN SCHOOL - LOWER <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Karl Graustein (S); Elizabeth Williams (A)	K–5th	273	16-19
ANNAPOLIS AREA CHRISTIAN SCHOOL - MIDDLE <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Ben Peddicord	6th–8th	242	16-25
ANNAPOLIS AREA CHRISTIAN SCHOOL - UPPER <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Robert McCollum	9th–12th	428	20-23
BOOK OF LIFE ACADEMY <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Ashley Mackell	K2–5th	85	12
CALVARY CENTER SCHOOL <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/calvary-center-school</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Johnna Parker	PreK	75	12-15
CHESAPEAKE MONTESSORI SCHOOL <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sectarian	Robb Wirts	Toddler–8th	150	24
THE HARBOUR SCHOOL AT ANNAPOLIS <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sectarian	Linda J. Jacobs	1st–12th	189	8–10
INDIAN CREEK SCHOOL - LOWER <i>680 Evergreen Road, Crownsville 410-923-3660; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sectarian	Amy Benson	PreK 3–6th	200	16
INDIAN CREEK SCHOOL - UPPER <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sectarian	Gerard Connolly	7th–12th	335	15
THE KEY SCHOOL <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School was founded by professors from St. John's College, and is a progressive, college-prep school located within Hillsmere Shores on a 15-acre campus.	1958	Non-Sectarian	Matthew Nespole	Key-Wee (2.5 yrs.) –12th	645	16–18
MONTESSORI INTERNATIONAL CHILDREN'S HOUSE <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sectarian	Elizabeth Whitaker	18 months–6th	165	12–25
NAVAL ACADEMY PRIMARY SCHOOL <i>74 Greenbury Point Road, Annapolis 410-757-3090; naps.napschool.com</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy.	1949	Non-Sectarian	Robyn M. Green	PreK–5th	225	15
ST. ANNE'S SCHOOL OF ANNAPOLIS <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; st.annesschool.org</i>	St. Anne's School is a candidate school for the International Baccalaureate (IB) Primary and Middle Years Programme, and offers several different approaches to the learning environment.	1992	Episcopal	Lisa Nagel	Twos–8th	228	13
ST. MARGARET'S DAY SCHOOL <i>1605 Pleasant Plains Road, Annapolis 410-757-2333; stmargaretsdayschool.org</i>	St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children	1995	Episcopal	Tricia McVeigh	Twos–K	126	15
SAINT MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS <i>1120 Spa Road, Annapolis 410-269-1955; stmartinsonline.org</i>	Saint Martin's Lutheran School was founded by Saint Martin's Lutheran Church as a mission to its members and the community, and is part of the Evangelical Lutheran Education Association.	1963	Lutheran	James D. Moorhead	PreK 3–8th	115	10
ST. MARY'S ELEMENTARY SCHOOL <i>111 Duke of Gloucester Street, Annapolis 410-263-2869; stmarysannapolis.org</i>	Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.	1862	Catholic	Rebecca Zimmerman	K–8th	800	28
ST. MARY'S HIGH SCHOOL <i>113 Duke of Gloucester Street, Annapolis 410-263-3294; stmarysadmissions.org</i>	Located next to the elementary school, St. Mary's High is a college-preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.	1946	Catholic	Mindi Imes	9th–12th	490	22
SEVERN SCHOOL - CHESAPEAKE CAMPUS (LOWER) <i>1185 Baltimore Annapolis Boulevard, Arnold 410-647-7700; severnschool.com</i>	Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion.	1914	Non-Sectarian	Douglas Lagarde	Preschool–5th	231	15

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	11:1	\$11,371–12,648/year	1/9 & 2/14 (S), 1/11 & 2/7 (A)	Coed	Yes	Yes	33%	Yes	0	0	Spanish	4	2	0	N/A
	10:1	\$14,898/year	1/24	Coed	Yes	Yes	35%	Yes	0	0	Spanish	6	4	6	N/A
	11:1	\$18,354/year	Call for information	Coed	Yes	Yes	41%	Yes	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours per year (encour- aged, but not required)
	6:1	\$4,500–6,000/year	Every second Thursday of each month	Coed	No (but if applic- able)	Yes	N/A	Yes	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
	6:1	\$180–1,025/month	Call for information	Coed	No	No	N/A	No	0	0	N/A	Music	N/A	0	N/A
	Varies	\$10,500–16,700/ year	1/27, 2–4 p.m. & 3/31, 2–4 p.m.	Coed	No	No	N/A	Yes	0	0	French	Art and music	Multiple	0	72 hours per year (7th–8th)
	2:1	\$39,187/year	Call for information	Coed	No	Dress code (no uni- forms)	27%	No	0	0	N/A	Studio art and perform- ing arts	5	4	75 hours for seniors
	7:1	\$8,735–21,235/ year	Welcome Wednesdays: 1/9, 2/6, 4/3, 5/8	Coed	Yes	Yes	23%	Yes	0	0	Spanish	8	12	8	N/A
	7:1	\$26,690/year	Welcome Wednesdays: 1/9, 2/6, 4/3, 5/8	Coed	Yes	Yes	23%	Yes	22	0	Spanish, French, Latin	30	43	25	75 hours (9th–12th)
	6:1	\$8,295–28,350/ year	Visit keyschool.org/ openhouse	Coed	Yes (ISEE or SSAT)	No	35%	Yes	6 AP; 13 Ad- vanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
	Varies 4:1 to 15:1	\$9,350–11,525/ year	1/27, 12–2 p.m.	Coed	No	No	30%	Yes	0	0	N/A	N/A	Approx. 6	0	N/A
	9:1 (PreK); 16:1 (K–5th)	\$5,000–9,400/year	3/3, 1–4 p.m.	Coed	Yes (case- by-case basis)	Yes	8%	Yes	0	0	French	Art night; 7 musical performances	16	0	N/A
	9:1	\$3,575–19,995/ year	1/9, 3/13, & 5/8, 9:30–11 a.m.	Coed	Yes	Yes	32%	Yes (Pre- school–8th)	0	Cand- idate School	Spanish	7	7	6	10 hours (8th grade)
	Varies	\$2,000–7,500/year	1/17 & 1/18, 9:15–11:15 a.m.	Coed	No	Op- tional	15%	Yes	0	0	Spanish	Music, Art, Dance	Multiple	0	N/A
	10:1	\$3,500–12,680/ year	1/25 & 3/21, 9 a.m.	Coed	No	Yes	18%	Yes	0	0	Spanish	14	5	4	30 hours (middle school)
	20:1	\$8,370/year (Cath- olic); \$9,620/year (Non-Catholic)	Call for information	Coed	K and middle school math	Yes	N/A	Yes (for in-parish families)	0	0	Spanish	5	Multiple	4 (middle school)	Weekly Ser- vice Projects, community outreach, Saints in action
	14:1	\$14,152/year (Cath- olic); \$15,844/year (non-Catholic)	Call for information	Coed	Yes	Yes	17%	Yes	17	0	Spanish, French, Latin	9	30	19	75 hours
	13:1	\$20,919/year; Preschool–K varies	1/9 (9–11 a.m.), 2/7, 4/4 (for Preschool and PreK, 10–11 a.m.)	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A

PRIVATE SCHOOL

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

EDGEWATER

SEVERN SCHOOL - TEEL CAMPUS (UPPER)
201 Water Street, Severna Park
410-647-7700; severnschool.org

Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River.

1914

Non-Sectarian

Douglas Lagarde

6th–12th

627

13

ST. JOHN THE EVANGELIST SCHOOL
669 Ritchie Highway, Severna Park
410-647-2283; stjohnspschool.org

St. John the Evangelist School is under the jurisdiction of the Archdiocese of Baltimore, and its school population includes students from Anne Arundel County, Baltimore City, and the Eastern Shore.

1959

Catholic

Casey Buckstaff

PreK–8th

484

25

ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL
375-A Benfield Road, Severna Park
410-647-7055; stmartinsmd.org

St. Martin's is an independent school and offers three high school-level courses and over 20 extracurricular activities.

1957

Episcopal

Jamey Hein

PreK
3s–8th

180

12-18

TEMPLE BETH SHALOM PRESCHOOL
1461 Baltimore-Annapolis Boulevard, Arnold
410-757-055; annapolistemple.org

Temple Beth Shalom Preschool serves children ages two to four, and offers a light introduction to formal education.

1998

Jewish

Melissa Levin

Twos–
PreK

60

12

GAMBRILLS/ODENTON

SAINT ANDREW'S DAY SCHOOL
4B Wallace Manor Road, Edgewater
410-266-0952; standrewsum.org

Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs.

1985

Methodist

Mark Wagner

PreK–8th

276

14

THE SUMMIT SCHOOL
664 East Central Avenue, Edgewater
410-798-0005; thesummitschool.org

The Summit School serves students with dyslexia and other learning differences by employing a multi-sensory teaching approach.

1989

Non-Sectarian

Dr. Joan Mele-McCarthy

1st–8th

105

Varies

ODENTON CHRISTIAN SCHOOL
8410 Piney Orchard Parkway, Odenton
410-305-2380; ocs.odentonbaptist.org

Odenton Christian School follows an A Beka curriculum. Each year, the high school has added another grade, with the first graduating class slated for 2021.

1977

Baptist

John Lacombe

K3–10th

165

18

SCHOOL OF THE INCARNATION
2601 Symphony Lane, Gambrills
410-519-2285; schooloftheincarnation.org

Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore.

2000

Catholic

Nancy Baker

PreK–8th

753

25

MILLERSVILLE

ELVATON CHRISTIAN ACADEMY
8422 Elvaton Road, Millersville
410-647-3224; elvatonacademy.com

Elvaton Christian Academy is a coeducational school located in Millersville.

1995

Christian

Pastor Dallas Bumgarner

PreK2–8th

60

8

ROCKBRIDGE ACADEMY
911 Generals Highway, Millersville (Main Campus)
1485 Waterbury Road, Crownsville (K–3 Campus)
410-923-1171; rockbridge.org

Rockbridge Academy focuses on a classical Christian education on two campuses within one mile of each other: The main campus and the K–3rd grade campus.

1995

Christian

Roy Griffith

K–12th

350

15

SEVERN/GLEN BURNIE

ARCHBISHOP SPALDING HIGH SCHOOL
8080 New Cut Road, Severn
410-969-9105; archbishopspalding.org

Spalding High School was founded by the Archdiocese of Baltimore. It is a college preparatory school that serves students in the greater Annapolis and Baltimore areas.

1966

Catholic

Kathleen K. Mahar

9th–12th

1,250

25

GRANITE BAPTIST SCHOOL
7823 Oakwood Road, Glen Burnie
410-761-1118; granitebaptistschool.org

Granite Baptist School was founded as a ministry of Granite Baptist Church, and is located near Route 100 and Route 2.

1975

Baptist

Lou Rossi, Jr.

K3–12th

275

Varies

MONSIGNOR SLADE CATHOLIC SCHOOL
120 Dorsey Road, Glen Burnie
410-766-7130; msladeschool.com

Monsignor Slade is part of the Archdiocese of Baltimore, and is located in northern Anne Arundel County on a 10.5-acre campus.

1954

Catholic

Alexa L. Cox

PreK2–8th

500

25

ST. PAUL'S LUTHERAN SCHOOL
308 Oak Manor Drive, Glen Burnie
410-766-5790; stpaulsgb.org

Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.

1950

Lutheran

Chris Conlon

Twos–8th
+ Hybrid HS

288

18

...AND BEYOND

THE BOYS' LATIN SCHOOL OF MARYLAND
822 West Lake Avenue, Baltimore
410-377-5192; boyslatinmd.com

Boys' Latin is Maryland's oldest, independent, non-sectarian college-preparatory school. It is divided into Lower, Middle, and Upper Schools, and offers cocurricular programs.

1844

Non-Sectarian

Christopher J. Post

K–12th

625

12

THE CALVERTON SCHOOL
300 Calverton School Road, Huntingtown
410-535-0216; calvertonschool.org

The Calverton School is an independent, college preparatory school that serves students from Calvert, Anne Arundel, St. Mary's, Charles, and Prince George's counties.

1967

Non-Sectarian

Christopher Hayes

PreK–12th

285

14

DEMATHA CATHOLIC HIGH SCHOOL
4313 Madison Street, Hyattsville
240-764-2200; dematha.org

DeMatha High School is a college preparatory school for boys that focuses on educating them in the Trinitarian tradition and offers co-curricular programs.

1946

Catholic

Dr. Daniel J. McMahon

9th–12th

850

22

ELIZABETH SETON HIGH SCHOOL
5715 Emerson Street, Bladensburg
301-864-4532; setonhs.org

Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.

1959

Catholic

Sister Ellen Marie Hagar

9th–12th

611

16

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC CLUBS	SERVICE/VOLUNTEER REQUIREMENT
	12:1	\$26,970/year	Call for information	Coed	Yes	Yes	17%	Yes	20	0	French, Spanish, Latin	35+	45+	15-48 teams	10 hours per year (9th–12th)
	14:1	\$4,725/year (half day); \$7,875/year (full day)	1/30	Coed	No	Yes	11%	Yes	0	0	Spanish	10	21	6	N/A
	7:1	\$3,200–12,700/year	1/16, 3/12, & 3/13	Coed	No	Yes	20%	Yes	0	0	Spanish	6	20+	4	Yearly class service
	12:2	\$1,580–6,350/year	1/23, 10–11:30 a.m.	Coed	No	No	N/A	No	0	0	N/A	Art and Music	N/A	0	N/A
	9:1	\$5,170–\$12,540/year	1/18, 3/8	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and Art	Multiple	4	N/A
	4:1	\$30,700/year	1/26 & 4/6	Coed	No	Yes	22.6%	Yes	0	0	N/A	4	8	6	Yes
	11:1	\$4,990–7,990/year (K3–6th); \$6,390–8,790/year (7th–10th)	Call for information	Coed	Yes	Yes	N/A	No	0	0	Spanish	Multiple	Multiple	3	N/A
	14:1	\$7,400/year (Catholic); \$8,150/year (other faiths)	1/26	Coed	Varies	Yes	24%	Yes	0	0	Spanish	Music	30+	9	20 hours (8th grade)
	12:1	\$1,400–5,500/year	Call for information	Coed	Yes	Yes (K–8th)	30%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	6:1	\$7,240–18,960/year	1/18 & 3/18	Coed	Yes	Yes	N/A	Yes	Honors level (Upper)	0	Latin and Spanish	18+	15	6	Daily service duties
	14:1	\$16,270/year	Call for information	Coed	Yes	Yes	N/A	Yes	26	IB Diploma School	Spanish, French, Latin	Music, Theatre, Visual Arts	20+	20+	60 hours of community service
	Varies	\$4,160–5,412/year	2/7 & 3/14, 9 a.m.–12 p.m.	Coed	Yes	Yes	N/A	No	0	0	N/A	N/A	N/A	12; Little Braves (K5–6th)	N/A
	Varies	\$7,415/year (Catholic); \$8,230/year (Non-Catholic)	1/14 (tuition workshop); 1/27, 2/28, & 3/28	Coed	Yes	Yes	37%	Yes	0	0	Spanish (4th–8th grade)	10	14	5	12 hours
	20:1	\$1,645–7,100/year	1/31, 2/11, 3/5, & 4/29	Coed	Yes	Yes	25%	Yes	0	0	Spanish	4	5	3	N/A
	7:1	\$20,500–29,500/year	Talk & Tour; visit website for info	Boys	Yes	Dress code	24%	Yes	15	0	Latin, Spanish, French, Mandarin	15	20+	14	40 hours
	11:1	\$6,700/year (3K, three half days) – \$22,000/year (9th–12th day student)	1/28, 2/25, 3/15, 9 a.m.–11 a.m.	Coed	Yes	Yes	41%	Yes	0	14	French, Spanish, German	Multiple	Multiple	19	Yes
	12:1	\$18,350/year	Call for information	Boys	Yes (HSPT)	Yes	N/A	Yes	22	0	French, Spanish, Latin, German, Mandarin Chinese, Classical Greek	30	28	14	55 hours
	16:1	\$14,375/year	Call for information	Girls	Yes (HSPT)	Yes	N/A	Yes	15	0	Spanish, French, Latin	17	30	22	Varies per year

PRIVATE SCHOOL

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

GRACE CHRISTIAN SCHOOL
7210 Race Track Road, Bowie
301-262-0158; gcsbowie.org

Founded as the educational ministry of Grace Baptist Church, Grace Christian School is located on the edge of Anne Arundel and Prince George's counties.

1975

Baptist

Jack Wilson

K-8th

295

15

NOTRE DAME PREPARATORY SCHOOL
815 Hampton Lane, Towson
410-825-6202; notredameprep.com

Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.

1873

Catholic

Sister Patricia McCarron, SSND

6th-12th

804

16

ST. AUGUSTINE SCHOOL
5990 Old Washington Road, Elkridge
410-796-3040; staug-md.org

St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.

1857

Catholic

Denise Ball

PreK-8th

265

25

ST. PHILIP NERI SCHOOL
6401 S. Orchard Road, Linthicum Heights
410-859-1212; st.philip-neri.org

St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.

1965

Catholic

Kate Daley

PreK-8th

405

22

ST. VINCENT PALLOTTI HIGH SCHOOL
113 St. Mary's Place, Laurel
301-725-3228; PallottiHS.org

St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.

1921

Catholic

Jeff Palumbo

9th-12th

465

18

CAROLINE COUNTY

THE BENEDICTINE SCHOOL
14299 Benedictine Lane, Ridgely
410-634-2112; benschool.org

The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.

1959

Non-Sectarian

Julie Hickey

Ages 5-21

66

5-7

DORCHESTER COUNTY

COUNTRYSIDE CHRISTIAN SCHOOL
5333 Austin Road, Cambridge
410-228-0574; countrysidechristianschool.org

Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).

1974

Christian

Beverly Stephens Herbst

PreK-8th

30

5

KENT COUNTY

CHESTERTOWN CHRISTIAN ACADEMY
401 Morgnac Road, Chestertown
410-778-5855; chestertownchristian.org

Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.

1979

Baptist

Joseph Baugher

PreK-12th

109

15

KENT SCHOOL
6788 Wilkins Lane, Chestertown
410-778-4100; kentschool.org

Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.

1967

Non-Sectarian

Nancy Mugele

PreK-8th

144

14

RADCLIFFE CREEK SCHOOL
201 Talbot Boulevard, Chestertown
410-778-8150; radcliffecreekschool.org

Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.

1996

Non-Sectarian

Meg Bamford

K-8th

84

5

QUEEN ANNE'S COUNTY

THE GUNSTON SCHOOL
911 Gunston Road, Centreville
410-758-0620; gunston.org

Founded over 100 years ago, The Gunston School is an independent college preparatory school that offers individualized learning plans.

1911

Non-Sectarian

John A. Lewis, IV

9th-12th

205

10-12

LIGHTHOUSE CHRISTIAN ACADEMY
931 Love Point Road, Stevensville
410-643-3034; lcaacademy.org

Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.

2001

Christian

Kathleen Guerra

PreK-8th

70

7

SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER
201 Love Point Road, Stevensville
443-249-3368; mcardlecenter.com

Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).

2015

Non-Sectarian

Brian Tyler

K-3rd; home instruction 1st-9th grade co-op

10

5

WYE RIVER UPPER SCHOOL
316 South Commerce Street, Centreville
410-758-2922; wyeriverupperschool.org

Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus.

2002

Non-Sectarian

Chrissy Aull

9th-12th

53

7-8

TALBOT COUNTY

CHESAPEAKE CHRISTIAN SCHOOL
1009 N. Washington Street, Easton
410-822-7600; chesapeakechristian.org

Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.

1999

Christian

Deborah L. Whitter

K4-12th

170

15

THE COUNTRY SCHOOL
716 Goldsborough Street, Easton
410-822-1935; countryschool.org

The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.

1934

Non-Sectarian

Neil Mufson

K-8th

277

16

SAINTS PETER AND PAUL SCHOOL
900 High Street, Easton
410-822-2275; ssppeaston.org

Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore.

1955

Catholic

Faye Shilling (ES); James Nemeth (HS)

PreK-12th

395 (ES); 172 (HS)

20 (ES); 15 (HS)

SEVERN SCHOOL - CHESAPEAKE CAMPUS (LOWER)
1185 Baltimore Annapolis Boulevard, Arnold
410-647-7700; severnschool.com

Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion.

1914

Non-Sectarian

Douglas Lagarde

Preschool-5th

231

15

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	12:1	\$7,650/year (K–5th); \$7,800/year (6th–8th)	1/14, 2/25, 3/18, & 4/8,9 a.m.	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	9	N/A
	9:1	\$19,990/year	Call for information	Girls	Yes	Yes	17%	Yes	23	0	Spanish, French, Latin, Chinese	Multiple	30+ (HS); 12+ (MS)	14, including squash and crew	Call for information
	13:1	\$6,375/year (Members); \$7,275/year (Non-members)	2/9	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	4	N/A
	24:3 (PreK); 22:1 (K–8th)	\$6,440/year	1/27, 4/16	Coed	Yes	Yes	25%	Yes	0	0	Spanish	School Chorus, Drama Club Jr., School Musical	10	2	20 hours per family
	10:1	\$15,700–16,590/year	Call for information	Coed	Yes (HSPT)	Yes	N/A	Yes	23	0	Spanish, French, Mandarin, Latin	20+	20+	20+	80 hours
	3:1	Varies depending on services required	Call for appointment	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	Multiple	0	N/A
	5:1	\$4,400/year	Call for information	Coed	No	Yes	N/A	Yes	0	0	Spanish, ASL	Musical and Drama Programs	N/A	0	N/A
	10:1	\$6,640/year (K4–6th); \$8,075/year (7th–12th)	1/10 (2–6 p.m.); 3/8 (6–8 p.m.); 3/9 (9 a.m. – 12 p.m.); 6/3 (2–6 p.m.)	Coed	Yes (3rd grade and above)	Yes	3%	Yes	Available upon request	Available	Spanish	3	Varies year-to-year	4	10 hours per academic year (9th–12th)
	7:1	\$5,800–7,800/year (PreK 3 & 4); \$15,500/year (K–4th); \$16,850/year (5th–8th)	2/2, 2/9, & 2/23	Coed	Evaluation	Dress code	14%	Yes	0	0	Spanish	3	1	9	N/A
	3:1	\$16,995/year (K); \$22,145/year (1st); \$27,298/year (2nd–8th)	Call for information	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	N/A	3	N/A
	7:1	\$24,980/year	1/27 & 4/28, 3 p.m.	Coed	Yes	No	18%	Yes	19	0	Spanish, Latin	16	18	13	45 hours
	7:1	\$3,600–8,950/year	2/20; and Walk-In Wednesdays at 9 a.m.	Coed	Yes	Yes	10%	Yes	0	0	N/A	0	3	2	N/A
	3:1	\$5,000–20,000/year (based on program)	8/29	Coed	No	No	N/A	Yes	0	0	Latin	0	0	0	N/A
	5:1	\$28,500/year	1/27 (1–3 p.m.); 4/11 (6–8 p.m.)	Coed	No	Dress Code	21%	Yes	0	0	Spanish	9	7	5	90 hours
	15:1	\$5,000/year	Call for information	Coed	Yes	Yes	20%	No	0	0	Spanish	4	0	6	100 hours
	9:1	\$14,450–16,600/year	3/26	Coed	No	Yes	23%	Yes	0	0	Spanish, Latin	Music, Art, Theater	Multiple	5	Not required, (encouraged)
	18: 1 (ES); 8:1 (HS)	\$5,500–7,760/year (ES); \$12,140–13,660/year (HS)	Call for information	Coed	Yes (HSPT)	Yes	1% (ES); 9.4% (HS)	Yes	10	0	Spanish, Latin	2 (ES); 9 (HS)	13 (ES); 32+ (HS)	6 (ES); 15 (HS)	80 hours over four years (9th–12th)
	13:1	\$20,919/year; Preschool–K varies	1/9 (9–11 a.m.), 2/7, 4/4 (for Preschool and PreK, 10–11 a.m.)	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A



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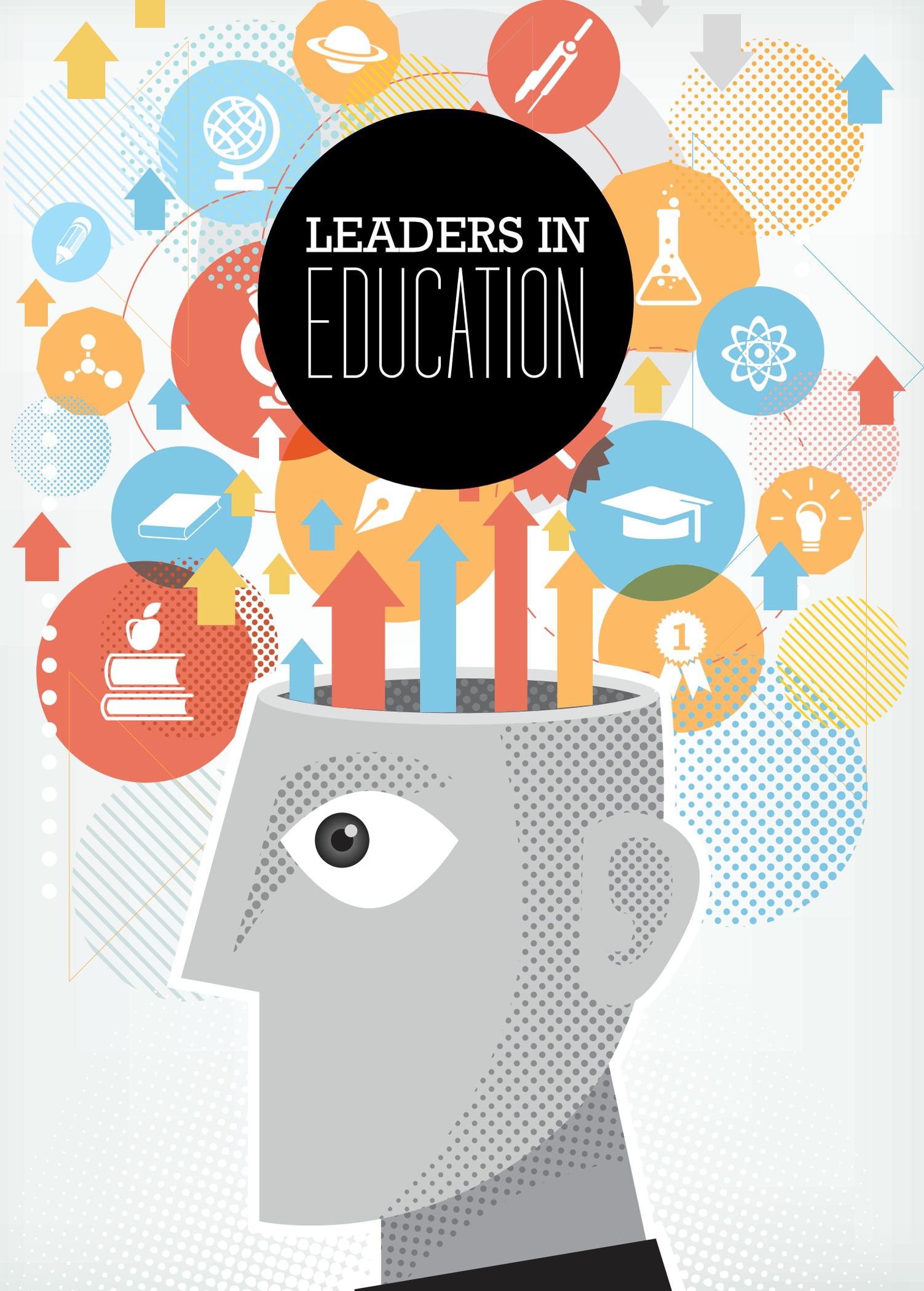
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LEADERS IN EDUCATION





CAMPUS NOTES

Grades:
9-12

Enrollment: 54

2018-19 Tuition
and Fees: \$28,500

40% of Families
Receive Financial Aid

WYE RIVER UPPER SCHOOL

316 S. Commerce Street, Centreville, MD 21617 | 410.758.2922 | wyeriverupperschool.org

Wye River is a coed, independent high school serving bright students with learning differences such as ADHD, dyslexia, or anxiety. We are committed to affecting positive change in the lives of our students through an individualized, engaging, high school experience. At Wye River, often for the first time, students find a place where they can thrive not just survive in school.

Through the right balance of challenge, support and engagement, we prepare our students for college, career, and life. Our curriculum highlights real-life learning, collaborative problem-solving, and project-based learning, igniting an interest and a motivation in our teens. We address individual academic needs with research-based teaching strategies inclusive of Orton Gillingham and a specialized writing program that benefits any level of writer. A daily study-hall with an advisor helps every student develop skills in organization, time management, effective studying, and self-advocacy.

Our program ensures a well-rounded experience involving students in athletics, art, theater, technology, and music. All students begin each day with morning sports and exercise -

improving students' energy and focus throughout the day. We find a high percentage of our students possess musical and visual-spatial talents. Through a myriad of electives, we foster these creative strengths.

At Wye River, we intentionally cultivate a caring culture. Qualities we consistently see in our students include - intelligence, creativity, resilience, originality, humor, and compassion. Wye River teachers and staff are amazed at our students' capacity for empathy and personal growth. To see first hand what our community is all about, we invite interested families to contact us and schedule a personal tour.



100%

of students are accepted
to 2 yr or 4 yr college

5:1

Student to
teacher ratio



CAMPUS NOTES

Grades:
Preschool - Grade 8

Enrollment: 145

Preschool Tuition:
\$5,800 - \$7,800

Lower School Tuition:
\$15,800

Middle School Tuition:
\$16,850

Tuition assistance
awarded to over 40%
of families.

KENT SCHOOL

An Unparalleled Environment For Learning

6788 Wilkins Lane, Chestertown, MD 21620 | 410.778.4100 | kentschool.org

Kent School serves girls and boys from Preschool through Grade 8 in a safe, nurturing setting where childhood is preserved and students are prepared for success in secondary schools and beyond. Kent School is located on the bank of the Chester River in historic Chestertown.

Leadership at Kent School

Nancy Mugele leads Kent School. "I believe leading a school is a journey and a calling to make a difference in the lives of students. I define myself as an empathetic leader who believes in the following guiding principles: embrace the school's mission, always put students first, nurture relationships carefully, and deeply value the perspectives of your faculty and administrators."

Mission

Kent School's mission is to guide our students in realizing their potential for academic, artistic, athletic, and moral excellence. Our school's family-oriented, supportive, student-centered

environment fosters the growth of honorable, responsible citizens for our country and our diverse world.

Central to our mission is a school philosophy built upon several principles. We understand that the child is at the center of the learning process. We encourage our students to be resourceful, independent and disciplined learners who have the confidence to take risks and who readily accept new challenges. We recognize the power of interdisciplinary teaching. We value our commitments and connections to our local and global communities.



100%

of 2018 graduates
accepted to their first
choice secondary school

7:1

Student to
teacher ratio



CAMPUS NOTES

Religious Affiliation:
Catholic

Grades:
PreK-12

2018-19 Tuition:
High School
\$12,140 Parish/
\$13,660 Other

Elementary School
PreK \$5500
Grades K-5: \$6930
Parish/\$7615 Other

Grades 6-8: \$7065
Parish/\$7760 Other

SAINTS PETER & PAUL ELEMENTARY AND HIGH SCHOOL

900 High Street, Easton MD 21601 | 410.822.2251 | ssppeaston.org

From PreK-3 through Grade 12, Saints Peter & Paul educates the mind, strengthens the body, and nurtures the spirit in a faith-based environment rich in the Catholic tradition, transforming students into young adults who think critically, creatively, and globally.

With an elementary program that includes technology immersion, integrated STEM and PLTW curriculum, and opportunities for high school credit, grade school students are well prepared for high school. Our college preparatory high school offers 100+ courses, including an extensive Honors Program, 11 Advanced Placement courses, and global learning opportunities. A 1:1 school with an emphasis on critical thinking, independent and collaborative learning, Saints Peter & Paul students are well prepared for higher education and the world.

There are student life opportunities for every grade level, with 15 sports and over 30 clubs in the high school, including Robotics, Performing Arts, International Club, Key Club,

Respect Life, Ultimate Frisbee, Chess & Blokus, and ACE Engineering.

Rooted in the Catholic tradition, Saints Peter & Paul encourages students of all denominations to grow in their faith journey through prayer, retreats and service to others. Small class sizes, dedicated and caring faculty, rigorous academics, and a commitment to service are the hallmarks of a Saints Peter & Paul education.



\$112,200
Average Scholarships
Per Graduate

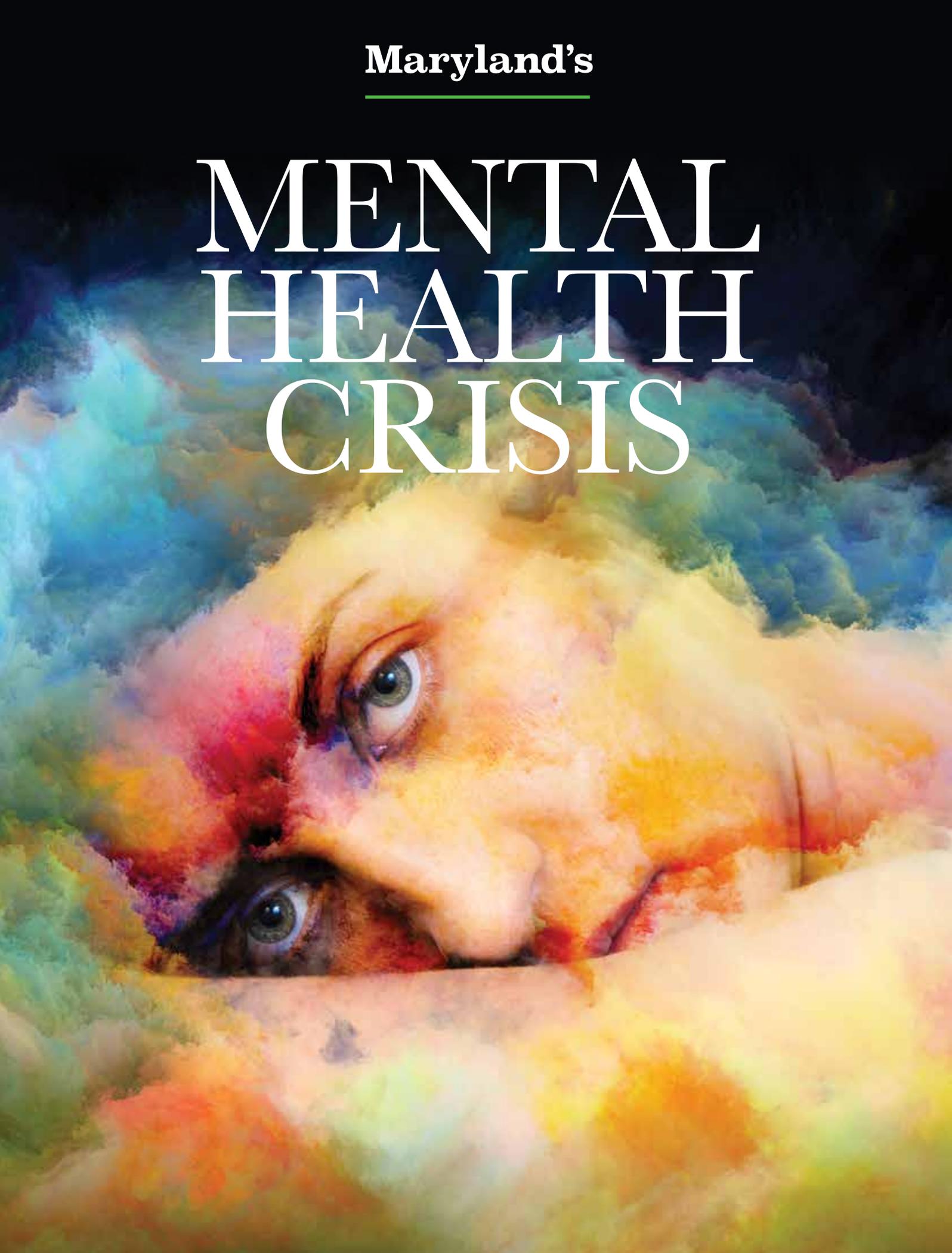
15:1 (HS)
22:1 (ES)
Student to
teacher ratio



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Maryland's

MENTAL HEALTH CRISIS



Mental health disorders are common but not discussed. Resources are scant but growing. What can be done?

By Kelsey Casselbury

By all accounts, Caley Breese looks like a normal 25-year-old. She works, she socializes, she volunteers. You might never know that she also suffers from anxiety, depression, and occasional debilitating panic attacks. But, wait—Breese looks like a perfectly normal 25-year-old because she is a perfectly normal 25-year-old. She's one of 5.7 million Marylanders...and happens to struggle with mental health illness.

The lack of conversation surrounding mental and behavioral health seems to create a self-fulfilling prophecy. No one wants to talk about it for fear of being labeled “crazy” or “weird,” but those labels persist because people don't talk about it. The real craziness: In 2019, there's still a stigma surrounding mental health issues because, the fact of the matter is, mental illness simply isn't treated the same as physical conditions.

“Mental illness is greatly misunderstood,” says Amy Morin, a licensed clinical social worker and author of the best-selling self-help book, *13 Things Mentally Strong People Don't Do*. “It is still often looked at as a weakness, as if depression or anxiety is a character flaw or stems from laziness.”

It's time to learn more. It's time to start the conversation. It's time to talk about mental health right here, where you live, in the state of Maryland.

The State of Mental Health in Maryland

Maryland ranks 12th in the nation for mental health, a position bestowed by Mental Health America, which added up the effectiveness of 15 measures such as the number of people with disorders, those with mental illness who are uninsured, and mental health workforce availability, among other factors, to come up with a definitive order of the 50 states. Using this list—which in-

cludes Washington D.C.— as a barometer might suggest that people in Maryland with mental health issues are better off in some ways than those in, say, Nevada, which is at the bottom of the list at No. 51. However, it could also indicate that Maryland doesn't provide as many resources as those in Massachusetts and South Dakota, which earned the top two spots, respectively.

Over the past two years, the state has been working to integrate behavioral health into primary care settings, says Jo Deaton, a psychiatric nurse and senior director of nursing for behavioral health at Anne Arundel County Medical Center in Annapolis. “I think the realization is that depression is very costly to both our state and country, and if you can help people at the primary care level, it will be more effective,” she adds.

It's a good thing there's an effort on this front, because when it comes solely to access to mental health care, Maryland drops to No. 19 out of 50. This could be related in part to the fact that the state has a significantly limited number of psychiatric beds, which refers to places to put people who need psychiatric hospitalization. AAMC doesn't have a psychiatric in-patient unit, Deaton explains, and there are just six beds in the emergency room. In early 2018, *The Baltimore Sun* reported that the number of psychiatric hospital beds in Maryland dropped almost 80 percent since the 1980s. The fiscal year 2017 report from the Maryland Health Care Commission put the total number of acute psychiatric care beds in the state at 740, with just 14 in Anne Arundel County and 47 on the Eastern Shore.

In fall 2017, a Baltimore judge held five top state officials, including then-acting Maryland Health Secretary Dennis Schrader, in contempt of court for the failure to increase the number of available psychiatric hospital beds available for mentally ill criminal defendants. Additionally, in 2016, Maryland law firm Venable LLP filed a lawsuit against the state to compel officials to transfer to hospitals the defendants who were determined to be mentally incompetent and a risk to themselves or others, instead of keeping them in jail cells.

The majority of patients that come into AAMC for mental health disorders who need acute psychiatric care are sent to Johns Hopkins in Baltimore or Sheppard Pratt in Ellicott City. Currently, Baltimore Washington Medical Center in Glen Burnie serves as the only acute psychiatric care

hospital in Anne Arundel County, providing in- and outpatient behavioral health programs. However, AAMC has broken ground on a Mental Health hospital with 16 beds scheduled to open in summer 2020.

On the Eastern Shore, Peninsula Regional Medical Center in Salisbury opened an inpatient behavioral health unit with 13 beds in Spring 2016, and the University of Maryland Shore Medical Center at Dorchester in Cambridge includes a 24-bed inpatient treatment center.

It's not enough. To make matters worse, Maryland—along with the rest of the country—currently suffers from a shortage of psychiatrists. When people make calls for mental health care, they often wait weeks or even months for an appointment. Breese, who works as What's Up? Media's community editor, experienced this struggle first-hand when her psychiatrist closed up shop and she had to find someone new. "For some people, the process [of finding a psychiatrist] can take way too long," she says. "These wait times are crazy, and the whole situation with insurance coverage is crazy—but [the visit is] something that's necessary."

A 2017 report from the National Council for Behavioral Health found that by 2025, nationwide demand for psychiatrists may outstrip supply by anywhere from 6,090 to 15,600 professionals. Fewer medical students are going into psychiatry, so the percentage of psychiatric MDs retiring is now higher than in previous years. Mental health providers are reimbursed less than physical care doctors, making it a less desirable occupation. Finally, there's a double-edged sword that affects the issue—there's a greater awareness of mental health issues, so the number of patients seeking care is higher than ever before.



“For some people, the process [of finding a psychiatrist] can take way too long.”

—Caley Breese

Understanding Mental Health Disorders

The spectrum of mental health disorders run the gamut from the diseases that people have often heard of, even if they don't understand them, such as depressive and anxiety disorders, to those that are less common and even less understood, including personality, bipolar, and psychotic disorders. A significant step in creating a culture that understands mental health is knowing what these diseases entail, as well as which myths must be discredited.

Depressive Disorders. Depressive disorder might be one of the most common mental health diseases in the U.S., but it's often the most misunderstood. More than just feeling sad, depression consists of a period of at least two weeks during which a person experiences not only a depressed mood or loss of interest or pleasure, but also a change in functioning, including problems with sleeping, eating, energy, concentration, self-image, or recurrent thoughts of death or suicide.

In the fall of 1995, Annapolis resident Isabel Tyson*, who is now 54, realized that something felt off but wasn't necessarily wrong. She logically knew that everything was “right” in her life, including her 1-, 3- and 7-year-old children, her loving husband, the part-time professional career that she adored, and supportive family, but it didn't matter. “It seems like it happened overnight, although I think it had been creeping up on me,” she recalls. “I tried to talk to my husband, and although he listened and cared, he had no idea what to say or how to help. I tried to talk to my mom, and she just made a comment like, ‘Why would you be struggling? You have beautiful kids, and everything in your life is great.’”

It was Tyson's sister, a physician, who helped her realize that she was, in fact, struggling with postpartum depression, which can creep into a person's life up to 18 months after giving birth. Other types of depression, which affect more than 16 million adults in America, include: →

Depression is often treated with medication and therapy, which is what Tyson turned to in managing her symptoms. “I knew that I needed both therapy and medication. Meds because there was a physical/hormonal component and therapy because I needed to talk to someone who cared but didn't know me,” she says. “I needed a ladder to help me climb out of the hole that I had fallen into.”

Persistent Depressive Disorder, also known as Dysthymic Disorder, which is a chronic low-level depression that's not as severe but has lasted two years or longer;

Bipolar Disorder, sometimes called Manic Depression and is often categorized as a schizoaffective disorder, is characterized by episodes that range from extreme highs to the deepest lows;

Seasonal Affective Disorder (SAD), a period of time, usually in the winter, when days grow short, there's not enough sun, and depression sets in;

Psychotic Depression, which is usually comorbid with major depression and includes “psychotic” symptoms such as hallucinations, delusions, and paranoia.

Some people, however, can't climb out of that hole and experience serious thoughts of suicide, including an average of 3.7 percent of Marylanders. It's the second-leading cause of death in people age 10 to 34 in America, and there are twice as many suicides as homicides every year in the country.

Anxiety Disorders. More than one-third of adults in the U.S. will experience some form of anxiety disorder at one point or another in their lives, but it's more likely to be a woman who will understand the distress that anxiety can bring. "Anxiety feels like a moment that you want to escape, but you can't," describes 24-year-old Juliana Jessen* of Annapolis. "For me, it's a feeling of being trapped in the moment with running thoughts that make my mind feel cloudy and full. I have a hard time listening to others when these thoughts arise."

This cluster of conditions includes not only generalized anxiety disorder (GAD) but also panic disorder, agoraphobia, specific phobias, social anxiety disorder, and separation anxiety disorder. Agoraphobia refers to a disorder characterized by intense fear of a place or situation where escape might be difficult and often leads to people avoiding being alone outside the home, traveling in a car, or being in a crowded area.

Although Jessen has struggled with anxiety since a child, when she regularly experienced travel anxiety, she wasn't diagnosed with GAD until her second year of college. As she got older, the symptoms increased, and situations changed, including socially. "I wouldn't describe it as social anxiety, as I enjoy talking with others and making friends with strangers," she says. "A lot of times, though, I feel trapped inside my own mind. My anxiety takes over, but it's not about anything in particular. I struggle mostly because I can never pinpoint the nature of it—that makes it hard to control because I don't know the source."

Those who suffer from anxiety can also experience panic attacks, which often come out of the blue without any known trigger. This rush of intense fear joins physical symptoms, including chest pain, heart palpitations, dizziness, and shortness of breath, which is why it's often confused with the beginning of a heart attack.

ADHD and Neurodevelopmental Disorders. Named as such because they are thought to originate as an impairment in the growth or

ADDITIONAL MENTAL HEALTH DISORDERS

A number of additional mental health conditions exist that there was simply not enough space to cover them all. However, they are just as serious and just as worthy of discussion as the others. They include:

Dissociative Disorder, including dissociative identity disorder (formerly known as multiple personality disorder)

Somatic Symptom Disorder, such as hypochondriasis

Eating Disorders, including anorexia and bulimia nervosa

Elimination Disorders, which includes the inappropriate elimination of urine or stool on accident or on purpose

Sleep-Wake Disorders, such as insomnia

Sexual dysfunctions

Gender dysphoria

Disruptive, impulse-control and conduct disorders, such as kleptomania

Addictive disorders, including substance abuse and gambling addiction

Neurocognitive disorders like Alzheimer's disease

Paraphilic disorders, including sexual interest that causes distress or impairment



development of the brain or central nervous system, neurodevelopmental disorders range from the broad category of intellectual disabilities (previously called mental retardation) to the autism spectrum and Down syndrome.

One of the most prevalent, particularly in children, is attention deficit/hyperactivity disorder (ADHD), the preferred medical term for the condition that was once just called ADD. This disease consists of more than just having extra energy and being a little spacey; it's a neurological condition that affects the brain's ability to finish tasks, organize, remember, sit still, listen, or stay quiet to the extent that it negatively affects a person's life. It's one of the most common childhood disorders, but can—and does—continue into adolescence and adulthood for about one-third of people. ADHD affects more than four percent of adults, but experts estimate that significantly more suffer through the symptoms without a formal diagnosis.

Cate Reynolds, entertainment editor for What's Up? Media, began exhibiting signs of ADHD at age 7 but wasn't diagnosed until 14. "I remember a specific instance in a science class where we were talking about trees. There was this specific tree that looked very much like the tree on the commercials for the Keebler cookies, and my mind just went on this tangent," she says. "I wondered how many elves lived in that tree. Why do they bake cookies in that tree? Do they live in the trunk of the tree or is there a basement? Why do some elves work in Santa's workshop and others in the Keebler tree? How long is it until Christmas? The next thing I know, the bell rang, and I knew *nothing* about trees. There wasn't a single note, I didn't know if we had homework, but I had counted out each day until Christmas."



Schizoaffective disorder combines the symptoms of schizophrenia, which includes delusions, hallucinations, disorganized speech, general apathy, and disorganized or catatonic behavior, with major depressive symptoms. These diseases are persistent, severe, and, in most cases, disabling—in fact, it’s one of the top 15 leading causes of disability worldwide, even though its prevalence ranges from just 0.25 percent to 0.64 percent of people in the U.S. Schizophrenia is *not* multiple personality disorder, as often portrayed in the media; that is a separate disease known as dissociative identity disorder.

Nearly five percent of people with schizophrenia die by suicide, which is a significantly higher rate than the general population. Delp’s son has tried suicide twice, he said, “which is small compared to a lot of people. I’m very lucky in that regard.” He attends a day program at Arundel Lodge and is able to live alone, about three miles from Delp, but his range of mental health disorders keep him from working and isolates him socially. “My son didn’t go to college, and he doesn’t have a group of friends,” Delp says. “He goes to a day program at the lodge, but everyone goes home at

1 p.m., and the rest of the day, they don’t know what to do. They just don’t know how to make friends in their 30s and 40s.”

Obsessive-Compulsive Disorder. When it comes to myths about mental health illnesses, obsessive-compulsive disorder (OCD) might have some of the most. Here’s what OCD is not:

- A synonym for someone who’s uptight, a germaphobe, or a neatnik.
- A love or passion for another person or a hobby.
- A preference for seeing objects in straight lines.
- A joke about being very organized.

In other words, experiencing OCD is *not* a good thing. It’s a series of obsessive and compulsive thoughts or actions that affect a person’s job, school, relationships, and everyday living because of a cycle that is beyond control. It starts with intrusive thoughts, which are unwanted, troubling, and repetitive, which lead a person to perform compulsive actions to soothe those thoughts, if



NEED HELP?
It’s Here for You

If you’re struggling with mental health issues and you don’t know where to turn, try one of these resources:

National Suicide Prevention Lifeline
1-800-273-8255
suicidepreventionlifeline.org
Trained counselors are available to talk over the phone or via chat in English, Spanish, and with those who are deaf or hard of hearing.

Crisis Text Line
crisistextline.org
Text HOME to 741741 for free, 24/7 crisis support or message the organization through Facebook Messenger.

Crisis Warmline
410-768-5522
A community “warmline” in Anne Arundel County that provides immediate help.

211 Maryland
2-1-1
211md.org
Dial 2-1-1 to be connected to trained call specialists that can connect you to more than 5,000 statewide agencies and programs in 180 languages, 24 hours a day, seven days a week.

Psychology Today
psychologytoday.com
A directory to find therapists, psychiatrists, therapy groups, and treatment facility options, which can be filtered by location, insurance coverage, and other factors.

Partnership for Prescription Assistance
pparx.org
Prescription medication assistance for those who are uninsured.

Anne Arundel County Public Schools Student Safety Hotline
1-88-676-9854
An anonymous hotline dedicated to the safety of Anne Arundel County Public Schools’ students.

only just temporarily. Without performing those actions, someone with OCD will experience severe anxiety and limited ability to function.

More than half of the 1.2 percent of U.S. adults that reported having OCD in the past year said that it seriously impaired their life. Someone who suffers from OCD is more likely to also experience depression, substance abuse, ADHD, eating disorders, or anxiety disorder. Although diagnosis with OCD isn't incredibly common, half of those who have it report that it creates a serious impairment.

PTSD and Trauma-Related Disorders.

Post-traumatic stress disorder (PTSD) is commonly thought of as a soldier's disease, but it can strike anyone who's been through a traumatic event, including violent personal assaults, natural or human-caused disasters, or accidents like car crashes. PTSD suffering is not relegated to just those who experienced the event; family members can suffer from the disorder, too.

PTSD often afflicts women who have been a victim of rape or sexual assault, as well as people of both genders in dangerous or traumatizing careers. Military members fall into that category, of course, but also professions such as firefighters. The International Association of Fire Fighters runs a treatment center in Upper Marlboro for its members suffering from PTSD and disorders that often go hand-in-hand with it, including substance abuse. The center opened in 2017.

Research shows that around half of Americans will experience a traumatic event in their lifetime, but the majority of those won't develop PTSD. They'll feel shock, anger, fear, and guilt, to be sure, but as time fades, those feelings lessen and go away. Those with PTSD, however, will only experience an increase in those feelings over time, to the point where they can no longer live a normal life without intervention. Instead, they're stuck repeatedly reliving the trauma through nightmares, flashbacks, or hallucinations. Reminders of the event, like an anniversary, can trigger them into distress. An estimated 3.6 percent of adults had PTSD in the last year.

Personality Disorders. Everyone has a personality that defines their own individuality. People with healthy personalities can manage stress effectively and form bonds with other people, but those with personality disorders—you might have heard of borderline personality disorder, though



that's just one of many types—aren't as able to cope with both of those seemingly "normal" practices. They often don't realize that their behavior is considered disordered and struggle with a rigid, narrow worldview. An estimated nine percent of Americans have at least one personality disorder; however, it has significant comorbidity with other mental health illnesses. The 10 recognized personality disorders are broken into three clusters: →

Narcissistic personality disorder, part of cluster B, has shown up in the media more often recently; however, it goes beyond an over-inflated ego. Instead, narcissism is the primary characteristic of someone's personality to the point where it destroys normal relationships and affects those who come into contact with the person suffering. Antisocial personality disorder, also known as sociopathy, refers to a person who doesn't hold regard for right versus wrong and doesn't show signs that they care about other people's feelings or rights.

CLUSTER

A

Odd, eccentric behavior, including paranoid, schizoid, and schizotypal personality disorders.

CLUSTER

B

Dramatic, emotional, and erratic behavior, including antisocial, borderline, histrionic, and narcissistic personality disorders.

CLUSTER

C

Anxious, fearful behavior, including avoidant, dependent, and obsessive-compulsive personality disorders, the latter of which is different than OCD.



Breaking the Silence

A significant number of local residents were willing to talk about their mental health struggles, but very few were willing to use their real names in doing so, as you might have noticed while reading their stories above. However, even those who weren't ready to come out of the darkness noted the need to break the stigma surrounding mental health disorders.

"One in five people likely have a mental illness at any given time," reiterates best-selling author Morin. "By not talking about it, we're not helping people get the help they need. Most mental health issues are very treatable, and early intervention can be key to getting the most effective treatment."

Organizations that work to increase awareness include NAMI, which has national, state, and local branches and does advocacy, training, education, and support for those with mental illnesses

Coming Next Month

Mental health is a serious topic, but not all struggles are full-blown disorders. However, handling periods of stress, depression, and anxiety (even if it's "just" the blues) is tough for everyone. In February, What's Up? will dive into 15 scientifically proven ways to practice self-care to improve your emotional health.

and their loved ones. "So many people aren't aware of mental illnesses," NAMI's Executive Director says, "or even that their own family members are struggling with a disorder."

"Funding is not where it should be for mental health care," Delp adds. "It's growing—it's double what we had in the past. But it's not where it should be."

Society tends to be more focused on physical diseases, such as cancer or heart disease, he continues, but they don't want to talk about what's going on in the brain. Yet, it needs to be treated with the same amount of focus. "If you have strep throat, you take an antibiotic. If you have a headache, you take Tylenol," Reynolds says. "Mental illness is still an illness."

Supporting Those Who Suffer

Mental health diseases don't just affect the individual who is suffering, but also their family and friends. The network of support that surrounds a person can make a significant difference in the battle being waged, but it takes both education and communication. NAMI offers a number of free courses, including Mental Health 101, that help participants navigate a complicated health care system, including HIPAA laws, as well as twice-a-year 12-week family support courses and regular support groups.

If you notice a loved one exhibiting signs of mental illness, the best thing to do is have a conversation, Deaton recommends. Say something like, "I noticed over the past couple months, you have seemed really sad. I love you a lot. Can you tell me what's going on and how I can help you?" A direct, supportive approach is ideal, Deaton says. If you've had your own struggles with mental health, open up to the person, Morin suggests. You might even offer to attend an appointment with a healthcare professional with them for support.

"Discuss how everyone is vulnerable to mental health problems," Morin says. "You'll encourage people to begin having more open conversations about mental health."

**Not their real name.*



WHAT'S UP? MEDIA

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WHAT'S UP? MEDIA



2019 BEST OF BALLOT

EASTERN SHORE

Welcome to your 2019 Best of Eastern Shore Ballot! This is your opportunity to speak your mind on who's who in town when it comes to best dining, retail, services, and oh-so-much more.

New this year: The voting period for all categories is open for the entirety of January and February—that's all food, dining, retail, professional services, real estate, home, garden, medical, dental, veterinary, beauty, and fitness. You name it, you can vote on it...right now!

There are two ways to engage: Either take your time voting on this paper ballot for the categories that speak the most to you, OR, hop online at whatsupmag.com and click on any of the many "Best of Voting" icons and ads you'll see throughout the site. From there, you'll be directed to the online ballots. Bonus: you can log in and start your ballot; and if you feel like filling in some now, some later... it's easy to do so. As long as you submit your ballots only once but the final deadline of February 28th, your votes will count!

And...there are prizes! Yes, if you complete 25 percent of the entirety of this ballot, you'll be entered into a drawing for a \$25 restaurant gift card. Complete 50 percent for the \$50 drawing. And if you hammer out 75 percent or more, you'll be in the elite pool for a \$150 drawing!

So, hats off to you. After all, it's your ballot, voice, and selections that we're after. Collectively, our readers will determine the Best of Eastern Shore!



FOOD, DINING & ENTERTAINMENT

- American
-
- Chinese
-
- French
-
- German
-
- Greek
-
- Indian
-
- Irish.....
-
- Italian
-
- Japanese
-
- Mexican
-
- Spanish.....
-
- Sushi.....
-
- Thai
-
- Appetizers.....
-
- Bakery.....
-
- Breakfast.....

-
- Brunch.....
-
- Barbecue.....
-
- Burger.....
-
- Candy Shop
-
- Caterer
-
- Chef.....
-
- Cocktails
-
- Coffee Shop
-
- Crabcake
-
- Cream of Crab Soup.....
-
- Cupcakes
-
- Deli
-
- Dessert
-
- Family-Friendly Restaurant.....
-
- Farm-to-Table Menu
-
- Gluten-Free
-

Ice Cream

 Maryland Crab Soup.....

 New Restaurant

 Outdoor Dining.....

 Oysters/Raw Bar

 Pizza

 Place to Take Out-of-Towners

 Place for Seniors.....

 Restaurant Décor

 Romantic Restaurant

 Seafood.....

 Small Plates.....

 Special Occasion Restaurant.....

 Steakhouse

 Steamed Crabs.....

 Take-Out

 Vegetarian.....

Wait Staff

 Waterfront Restaurant.....

 Wings.....

 Bar

 Sports Bar

 Beer Selection

 Brewery.....

 Distillery

 Happy Hour

 Wine Selection.....

 Event/Party Boat.....

 Family Outing.....

 Game Play

 Kids Birthday Venue.....

 Local Music Venue.....

 Local Musician/Band

 Overlooked Tourist Attraction.....

Party Vendor

 Trivia Night.....

 Wedding Venue.....

 Art Gallery

 Artisan Jewelry.....

 Boutique Shopping.....

 Designer Jewelry.....

 Diamonds/Precious Stones.....

 Engagement Rings.....

 Silver Jewelry.....

 Watches.....

 Jewelry Repair.....

 Women's Clothing Store.....

 Purses/Handbags.....

 Florist/Floral Design.....



**RETAIL &
 PROFESSIONAL
 SERVICES**



REAL ESTATE, HOME & GARDEN

Music/Instrument Store.....
.....
Oil/Vinegar Shop
.....
Optician
.....
Outdoors Store.....
.....
Pet Grooming.....
.....
Pet Store.....
.....
Specialty Grocer.....
.....
Organic Selection.....
.....
Retail Beer Selection
.....
Retail Wine Selection.....
.....
Sports/Workout Equipment
.....
Summer Camp.....
.....
Unique Gifts.....
.....
Eco-Friendly Business.....
.....
Accounting.....
.....
Bank.....
.....
Hotel.....
.....

Computer Repair
.....
Customer Service.....
.....
Financial Advisor.....
.....
In-Home Senior Assistance.....
.....
Senior Living Facility.....
.....
Local Nonprofit Organization.....
.....
Tax Law.....
.....
Auto Body Shop.....
.....
Auto Dealership.....
.....
Golf Cart/Utility Vehicle Dealership.....
.....
Auto Insurance.....
.....
Auto Repair.....
.....
Boat Detailing.....
.....
Carwash.....
.....
Driving School.....
.....
Marina.....
.....
Wedding/Event Planner.....
.....

Real Estate Team/Brokerage.....
.....
Waterfront Team/Brokerage.....
.....
Residential Realtor.....
.....
Waterfront Realtor.....
.....
Residential Property Developer.....
.....
Commercial Property Developer.....
.....
Commercial Realtor.....
.....
Architect.....
.....
Closet/Organizer Designer.....
.....
Custom Builder.....
.....
Customer Service.....
.....
Driveway Design/Build.....
.....
Electrician.....
.....
Fence/Deck Contractor.....
.....
Framing Shop.....
.....



Gutter/Siding
.....
Handyman.....
.....
Hardscape Design/Build.....
.....
Hardware Store.....
.....
Home Appraiser.....
.....
Home Inspector
.....
Home Remodeling.....
.....
HVAC Service.....
.....
Indoor Cleaning Service.....
.....
Interior Designer
.....
Kitchen & Bath Remodeling.....
.....
Kitchen Designer
.....
Landscape Architect
.....
Landscape Installer
.....
Landscape Maintenance.....
.....
Lawn/Garden Equipment Supply.....
.....
Flooring/Carpet Installer.....
.....

Mortgage Lender.....
.....
Outdoor Lighting
.....
Paint Store.....
.....
Painting Contractor.....
.....
Plumber
.....
Pool Design/Build.....
.....
Pool Maintenance.....
.....
Power Washing
.....
Retirement Community
.....
Roofing Contractor
.....
Sprinkler System Installer
.....
Stone/Tile/Granite Supply
.....
Title Service.....
.....
Tree Service
.....
Water Treatment Service.....
.....
Window/Door Contractor.....
.....

Allergist.....
.....
Apothecary (Compounding Pharmacy).....
.....
Birthing Center
.....
Body Contouring
.....
Breast Augmentation
.....
Breast Reconstruction.....
.....
Cardiologist
.....
Chiropractor Practice.....
.....
Colon & Rectal Surgery.....
.....
Cosmetic Injections.....
.....
Cosmetic Laser Eye Treatment.....
.....
Dermal Fillers.....
.....
Dermatologist.....
.....
Facial Contouring.....
.....
Facial Rejuvenation.....
.....

Friendly Staff Doctors Office	Occupational Therapy	Rhinoplasty
.....
Gastroenterologist	Oculoplastic Surgery	Seniors Physician
.....
General Surgery	Oncologist	Sleep Apnea/ Snoring Treatment
.....
Gynecologist	Ophthalmologist	Speech Therapy
.....
Hormone Therapy	Orthopedic Hand Surgery	Sports Physical Therapy
.....
Hospice Medicine	Orthopedic Hip Surgery	Tattoo Removal
.....
IV Treatment	Orthopedic Knee Surgery	Urgent Care Medicine
.....
Laser Hair Removal	Orthopedic Sports Medicine	Urologist
.....
Laser Skin Treatment	Pain Management	Vascular Surgery
.....
Liposuction / Fat Removal	Pediatrician	Vein Restoration
.....
Mammography	Pharmacy	Adult Orthodontist
.....
Medical Grade Skin Care Products	Plastic Surgery-Reconstruction	Emergency Dentistry
.....
Mental Health Services	Podiatrist	Endodontist
.....
Mommy Makeover	Primary Care Medicine	Family Dentistry
.....
Neck Contouring	Psychologist/ Therapy Practice	Friendly Staff Dentist Office
.....
Neurological Surgery	Psychiatrist	General Dentist
.....
Neurologist	Rheumatologist	General Dentist (Cosmetic)
.....

Holistic Dentistry

.....

Hygienists

.....

Implantologist

.....

Invisalign Specialist

.....

Oral & Maxillofacial Surgeon

.....

Orthognathic Surgery

.....

Pediatric Dentist

.....

Pediatric Orthodontist

.....

Periodontist

.....

Sedation/Phobia Treatment

.....

TMJ Treatment

.....

Total Mouth Reconstruction

.....

Veterinarian for Cats

.....

Veterinarian for Dogs

.....

Veterinarian for Small/Exotic Pets

.....

Veterinarian Surgery

.....

Veterinary Clinic

.....

Veterinarian for Large Animals (Farm)

.....

Emergency Pet Care

.....

Acupuncture

.....

Aromatherapy

.....

Balayage/Ombre

.....

Barre Class

.....

Bootcamp

.....

Brazilian Blowout

.....

Chemical Peel

.....

Children's Fitness Class

.....

Circuit Training

.....

CrossFit

.....

Customer Service

.....

Dance Class

.....

Deep Tissue Massage

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Eye Brow Care

.....

Eyelash Extensions

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Fabulous Haircut

.....

Facial

.....

Fashion Stylist

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Free Weights

.....

Friendly and Helpful Staff

.....

Gym

.....

Gym Amenities

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Gym Childcare

.....

Hair Extensions

.....

Holistic Health Coach

.....

Kickboxing

.....

Lifestyle Coach

.....

Manicure

.....

Martial Arts for Children

.....

Medi-Spa.....

 Men's Haircut.....

 Microblading.....

 Mixed Martial Arts.....

 Mother-to-Be Massage.....

 Nail Art.....

 Nail Gel.....

 Nutritionist.....

 Pedicure.....

 Permanent Makeup.....

 Personal Trainer at a Gym.....

 Personal Trainer at a Private Studio.....

 Pilates Class.....

 Place for a Day Spa.....

 Pool/Swim Facilities.....

 Prenatal Fitness Class.....

 Reiki Practitioner.....

Reflexology.....

 Resort with Spa.....

 Running Club.....

 Running Coach.....

 Salon Décor/Atmosphere.....

 Salon for Coloring.....

 Salon Pampering.....

 Salon Products.....

 Spinning Class.....

 Spray Tan.....

 Stone Massage.....

 Stylist for Long Hair.....

 Tattoo Parlor.....

 Therapeutic Massage.....

 TRX class.....

 Tween Dance Class.....

 Tween Fitness Class.....

Waxing.....

 Weight-loss Program/Regimen.....

 Yoga Instructor.....

 Yoga Studio.....

 Bridal Makeup.....

 Bridal Hairstyling.....

Mail your completed ballots to:

What's Up? Media
Eastern Shore Ballot
 201 Defense Highway, Suite 203
 Annapolis, MD 21401

Or submit your answers online at
whatsupmag.com

CHESTERTOWN'S RIVERFRONT GETS A *makeover*

HOW A PUBLIC/PRIVATE PARTNERSHIP IS RESHAPING THE TOWN **BY BOB ALLEN**

It's a long haul by boat, about 25 miles all told, up the Chester River from the Chesapeake Bay to historic Chestertown, the Kent County seat. And that's a little too far for your average maritime sojourner to drop in for a quick bite at the riverside Fish Whistle restaurant and do some shopping on High Street before heading back downriver to open waters.

A while back, some High Street retailers, restaurateurs, and bar owners a few blocks to the northwest of the marina noticed their bottom lines dropping as fewer and fewer pleasure boaters elected to make the trek. Part of the problem was that the town's one remaining marina was in terrible shape.

Foundation work at
Washington College's
new Boat House, 11-29-17



“It was in a pretty advanced state of disrepair,” recalls Chestertown Mayor and long-time resident Chris Cerino. “Maintenance had been deferred for about 25 years. It needed a ton of TLC, and it got to the point where we were using docks that weren’t all that safe anymore.”

“As a result, a lot of store and restaurant owners said they really noticed the change,” he adds. “It used to mean 60,000 to 70,000 dollars a year (more) for some business owners. But now those people weren’t coming up the river anymore. They were seeing serious drops in revenue.”

Michelle Timmons has owned Houston’s Dockside Emporium, a specialty store three blocks from the Marina on High Street, for 29 years. She has felt the economic impact that the mayor describes.

“Chestertown is such a pretty place to visit by water, but when people come here now, there’s not really a good place for them to dock,” Timmons explains.

In 2010, the situation got worse—so much worse that it woke up the community. That one remaining—albeit badly neglected—marina was sold to a developer intent on replacing it with riverside condos.

This meant that Chestertown, whose identity as a river town goes all the way back to 1706, when it was designated as one of the Maryland Colony’s six Royal Ports of entry, was about to lose its last public access to the river for which the town was named.

It was in a pretty advanced state of disrepair. Maintenance had been deferred for about 25 years. It needed a ton of TLC, and it got to the point where we were using docks that weren’t all that safe anymore."

—Chris Cerino, Chestertown Mayor

Fortunately, the private developer’s condo plan was shot down by the town’s planning board. That’s when the mayor and town council took a big leap of faith and voted to purchase the decaying marina in order to save the Chestertown’s last strip of waterfront. They embarked on what is probably the town’s largest capital initiative ever—as much as \$7 million—to dramatically improve the derelict facility.

Meanwhile, next door at Washington College, an ambitious \$20 million initiative was gaining steam to drastically revitalize the college’s under-utilized, approximately half-mile-long, 15-acre riverside portion of its large campus. The two parallel and nearly adjacent projects have since become inextricably linked.

Washington College President Kurt Landgraf says he is as deeply committed to the town’s initiative as he is to the college’s ambitious program.

“I don’t think we could have a better cooperative relationship with the town,”

Landgraf explains. “For people who come in on Route 213, the first view they have of the college is when they cross over the bridge into Chestertown, and they also see that (new) waterfront. The more we can do as a college to support the appropriate growth of Chestertown, the better off we all are.”

For the town’s part, purchasing the marina in 2012 was, in many ways, the easy part. Next came the more difficult challenge of finding the substantial funding needed to give the marina a dramatic rebuild and expansion following the Waterfront Master Plan the town adopted in 2014.

Cerino concedes that initially there was opposition to the town taking on such an immense capital project.

“People would ask why the town was getting into the marina business,” he explains. “And that’s a totally legitimate question. This has turned out to be a very expensive project and a somewhat risky one. And the town didn’t have the



◀ The revitalization of Chestertown Marina is not an isolated project, but part of a 20-year vision for the Town's future that involves the redevelopment of 1/2 mile of waterfront in conjunction with Washington College.

waterfront property between the marina and the college campus. "There used to be another marina right over there. It was bought by a developer who demolished the marina store and put those condos up. I'm sure the same thing would have eventually happened here."

In future years, the new marina, which includes a store offering basic supplies and amenities for boaters, showers, and laundry facilities, and a small visitor center, combined with related improvements to the waterfront are expected to provide an environmentally clean economic engine for both Chestertown and surrounding Kent County. Town and county officials project that the regional economic impact could be as much as \$2.2 million annually, which marks a nearly eight percent increase in Chestertown's estimated \$25.6 million tourism economy.

Matt Weir and his father, Tony, are co-owners of the Fish Whistle Restaurant. The popular down-home, American-style eatery is a local institution. It is situated on the riverfront at the marina on a separate piece of property and is the town's only waterfront restaurant. Matt says he's pleased that the re-grading of the marina's segment of the riverfront will alleviate the flooding that occasionally makes his parking lot inaccessible. In early 2016, Weir told the town council he plans to spend about \$500,000 expanding his dining deck and renovating the interior.

"We believe the new marina will be an economic driver for every business in our community, including the Fish Whistle," Weir says.

Just down river and past the condos, Cerino pointed out. Washington College's riverfront renaissance is well underway on a 15-acre tract that was once the site of a petroleum transfer station and an agrochemical company

money to do it at the time."

But Cerino, who was elected mayor in 2014 and is now in his second term, says that a consensus began to emerge when people grasped the likely alternative. "Chestertown has been a port of entry since 1706," says Cerino, who is also vice president of the Chestertown-based nonprofit Sultana Education Foundation. "It's part of our identity and culture. We're a water town. But if we no longer have access to the water, then who are we?"

The town has secured funding from an array of sources. Chestertown received a \$500,000 bond bill from the state, along with \$1.1 million from the Maryland Department of Natural Resources for dredging and related improvements. The Maryland Department of Housing and Community Development provided more than \$1 million in grants to revitalize the nearby downtown area. Additional grants have come from the U.S. Department of Agriculture and the Maryland Heritage Area Authority.

Another \$850,000 has been raised by a group of private donors led by Larry Culp, Jr., a Washington College graduate and former Fortune 500 company CEO, and his wife Wendy Culp. He has done a lot more than just raise money. He purchased some key downtown commercial properties on High Street. More importantly, he has

strengthened the partnership between the college and town through his position as chair of the college's board of visitors and governors.

From the outset, Culp envisioned the waterfront renewal—both by the college and the town—as an incredible opportunity to "reinvigorate, and even redefine Chestertown.

"Whether it's a prospective family looking at Washington College or a student in residence over the course of four years, their views and their experiences are going to be a function of how interesting and attractive and safe Chestertown is," he says. "By the same token, many of the residents in Chestertown realize they benefit from living in a college town. So, for me, there is just a natural dynamic at play. The college should be interested in the town, and the town should be interested in the college."

Cerino obviously feels a strong sense of pride and accomplishment as he takes a visitor on a tour of the site at the foot of Cannon Street. The marina facility now includes three new piers that extend 70 feet farther into the channel than the previous docks. The longest of the three is approximately 250 feet, while the other two are about 150 feet in length. There are approximately 70 boat slips.

"No doubt we would have lost all this," Cerino says as he points out an adjacent



▲ Waterfront Interpretive Center - Artistic Rendering. Marina Store & Waterfront Visitors Center - Bathrooms/showers - Retail Space
 TIME FRAME: Build out shell in winter of 2017-2018, complete construction as funding allow.
 ◀ Sub-Roofing Installed, 2-27-18

that recently underwent a \$1.5 million-plus brownfields remediation.

Now it is home to the recently completed \$5 million Hodson Boathouse. In addition to workout equipment and locker rooms, the new boathouse features a state-of-the-art tank room with a 16-station, 25-by-54-foot rowing tank, where the college's rowing team can practice even when the weather is frigid and the river is iced over.

Also nearby is the former Sgt. John H. Newan Maryland National Guard Armory, which was declared surplus by the state some years ago and claimed by Chestertown, along with the 3.5 acres on which it stands. The college acquired the long-vacant historic 1931 structure from the city in 2012 as part of an agreement that included a

donation of \$200,000 to the town to create a trail that will provide public access to the college campus's riverfront. This "rail trail" will connect the school to the marina and High Street via the town's Wilmer Park, which adjoins the campus. The college has had discussions with several interested parties about eventually converting the approximately 20,700-square-foot armory building into a bed and breakfast.

But the campus's new centerpiece and crown jewel will be the Semans-Griswold Environmental Hall, which shares a five-acre parcel with the new boathouse. Scheduled for completion in August of next year, the 12,000-square-foot, \$10.5 million hall will provide classroom and lab facilities for the college's environmental programs and its Center for Environment & Society. It is also being designed as a

regional hub for hands-on research on the Chesapeake Bay, and a center for "thought leadership" concentrating on the environment. The center will also be open to the public.

"This is going to be a statement building for Washington College," says John L. Seidel, an associate professor of anthropology and environmental studies and director of the college's Center for Environment & Society. "It's going to house some of our environmental programs, so we wanted it to be as green as we could make it. It will be 105 percent energy efficient, using solar and geothermal energy, so it will be returning energy to the grid."

Looking ahead, Larry Culp believes it's crucial that the college and town continue to "find creative ways to do things together that we might not be able to do separately. And I think the waterfront is a great example of what Mayor Cerino has been able to lead from the town's perspective in that regard. That's why he's been such a wonderful partner for the college."

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Starting Over in Your Garden

By Janice F. Booth

What do you see when you look out your windows during these winter months? Silhouettes of trees and shrubs, walkways through barren flowerbeds, sidewalks, and brown lawns. Perhaps your eyes come to rest on a blue spruce, its limbs swaying in the winter winds, or a lime-green cedar shrub spreading luxuriously across the barren garden. Is there a holly tree with polished green leaves and shiny, red berries within sight? What about a Sparkleberry bush, or are those delicate, red leaves still clinging to your Japanese maple?

Midwinter is an ideal time for reflection. And I suggest that one such consideration might be the re-evaluation of our lawns and gardens. Whether we've labored over the garden for years or just acquired a new house and garden, winter gives us the opportunity to see the bare bones of a home's landscaping. Doing a thoughtful evaluation of the garden may lead to a few fresh ideas to enhance what's already there, or looking at the garden with fresh eyes may lead to a decision to scrap what's there and redesign and replant.

As you entertain the idea of starting over in your garden, let me suggest some considerations before committing yourself to this major project. And, if you're still prepared to go ahead after reviewing those concerns, I'll recommend some things to think about as you start over in your garden.

My suggestions are preliminary to sitting down with a knowledgeable landscape architect or gardening service. The more thought you've given to the project, the easier it will be for the professionals to fulfill your vision for the garden—not to mention, they can point out issues you may have overlooked, such as permits, electrical, and irrigation concerns.

Before redesigning, try these five preparatory activities:



If after looking over your notes from that preliminary analysis, you're still ready to move ahead, consider dividing the designing or redesigning of your gardens into a two-step project. The first step is any *structural changes* you want to make. That would include buildings such as pergolas, planting

1

If you have lived with this garden for a *while*, make a list of positives and negatives in the existing design. For example, the ornamental plum drops its leaves, which smother the Shasta daisies beneath. One corner of the garden is always a bit too moist; plants never do well there for long. The holly tree next to the patio is messy, but you enjoy watching the chickadees, wrens, and finches flit in-and-out. The pink wisteria is lush and fragrant, but it needs a trellis or arbor to keep it from drooping into the neighbor's yard.

2

It's winter; what do you see now that is *lovely to your eye*, and what memories of blooms and clustered plants remain vivid in your mind, even months after those blooms have faded, and the plants have gone dormant? List the flower beds you can recall and the colors you associate with those beds. Perhaps you have some photos of those beds in their summer splendor. Are there particular views, vistas that you'll want to be left undisturbed?

3

Look at the *sidewalks, driveway, garden paths*. What is the condition of these pathways? Sometimes cracking, discoloration, or general deterioration leaves walkways and driveways unsafe and unsightly. What is protecting or blocking the walkways you need to traverse in the winter and during the growing seasons? Are more paths needed? In the driveway, is it easy to avoid stepping on plants while getting into or out of your car?

4

Make a list or diagram of the *trees and shrubs on your property*, or at least in your garden. Note the shape and health of each. You may be able to identify pruning and shaping projects for spring, opening up areas to sunlight and clearing dead and dying limbs that detract from the garden's beauty and safety.

5

What is your *timeline*? When could you begin this project? How long can you tolerate the garden in muddy disarray? Make a list of any social commitments ahead that might be held in your garden—a graduation or wedding party on the horizon? If the winter permits, some projects can be done before the early growing season, while other things will need to wait for spring's thaw.





sheds, trellises, and arbors. You may have plans for a terrace or patio. Fences, paths and stairs, a watering system, and lighting also fall under the structural plan.

The second step in the project is *horticultural*. This may be where the real fun begins. Horticultural changes may include the pruning and shaping you listed in your preliminary notes. Changes and additions of perennials and annuals will hinge, in part, on issues of color, texture, and height.

STRUCTURAL DESIGN CONSIDERATIONS:

Electricity and plumbing:

You may need or want to add directional lighting to enhance the dramatic cluster of crape myrtle or improve safety around the garage entrance. Underground piping may be required or a drainage bed installed to provide appropriate moisture throughout the garden.

Building: Now may be the time to expand or add a patio or deck to the garden. You may have your eye on the perfect place for a pretty and useful potting shed. Fencing may be needed, or existing fences replaced or repaired. A well-designed arbor could become a focal point in the garden.

Passageways: If there are paths in your garden that don't work, that lead nowhere, or worse yet, bring you to the neighbor's compost pile, redirect that path. Lay out

walkways that are useful and enhance your garden's beauty. Maybe some paths need to be wider so a wheelbarrow or a child's tricycle can navigate them. And there's that pesky hillside where you slip-and-slide down and pant-and-tug uphill again; now's the perfect time to add a few steps of wood or stone. Now's the time to replace that discolored and cracked concrete in the driveway and front walk. You might use instead permeable material that looks more attractive and allows for natural water disbursement.



HORTICULTURAL DESIGN CONSIDERATIONS:

Look down. Have your soil checked for pH levels and any other hidden problems? And, be sure to find out how to mitigate those problems, so your flower beds and lawn are lush and healthy.

Look up. Go back to that list or diagram you prepared for pruning. Set up your appointment with the tree trimmers for late winter. If you have decided you need more evergreens or privets, early spring planting gives the plants' roots time to adjust to their new home before the heat of summer. A fun project is adding a few well-placed pots filled with pampas grass, tall bamboo, or canna to disguise a flaw or draw attention to a particular area of your garden. Pots are ideal while your new plants and shrubs are still small and spindly. A lush potted palm or japonica can fill-in until the new plants grow large enough to stand alone.



Look ahead. There's an old adage about planning for growth in the garden, "First year they [perennials] sleep. Second year they creep. Third year they leap." And that's often true. Think about plant placement visualizing each plant three-times its size. Move plants back from the edges of your flowerbeds and back from paths and sidewalks. Never fear moving an overgrown or misplaced plant; if it doesn't die, it will flourish, and soon take over its designated patch in your garden.

Look back. What do you remember about the colors, textures, and fragrances of your spring, summer, and autumn gardens? If you can't recall a particular part of the garden, that's a spot in need of a facelift. Consider planting a Fragrance Garden; some mint, chamomile, four-o'clocks, and freesia will afford both visual and scented memories. Perhaps you're ready to change your garden's color scheme. Instead of the lavender and blue flowers, try a summer of bright orange marigolds, yellow daisies, sunflowers, chrysanthemums, and dahlias.

After all that preparation, you're ready to confer with your horticulturalist, landscape architect, and/or gardener. You'll come to those meetings prepared with information and ideas that will provide a foundation for the work ahead. You'll save time and money, and help to insure a successful redesigning of your garden.

Next winter, sweet memory-photos will float across your inner eye year around, extending the joys of your garden from the past, into the present and future. I think that's probably what you're aiming for.



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HOME REAL ESTATE

Chester

Queen Anne's County

By Diana Love

The charm of this property lies not only in the 700 feet of waterfront footage or in the breathtaking 180-degree view of Cox Creek, but also in the sense of anticipation that only grows as one turns off Route 50 and onto Cox Neck Road. Driving past Chester's commercial corridor toward farm fields and grasslands, the stress of daily life dissipates en route to somewhere utterly relaxing. Leaving the hustle of the highway behind, the road follows a gentle curve of land, ending near this hidden treasure. Situated on a private peninsula with views from Cox Creek on one side to Eastern Bay on the other, the property offers a unique and expansive view on a large parcel of land.



Sold For: \$1,000,000
List Price: \$999,000
Last Sold/Price: \$359,900 (1997)
Bedrooms: 3
Bathrooms: 2.5
Living Space: 3,447 sq. ft.
Lot Size: 1.77 acres

While the property had no pool, there was plenty of space to build one. The home, while not as large as the couple was looking for, was move-in ready. The house didn't meet their requirements at first glance, but the couple couldn't resist the allure of the view and the possibilities the property offered.



If you can turn away from the view, you will find a lovely three-bedroom home situated on a bucolic 1 3/4 acres. "My clients had a checklist of items they wanted in a new home, and we spent about a year looking at properties," says Susan Donaldson of Long and Foster. "They didn't want to be too far from the Bay Bridge. They wanted a sunset view. They preferred calm, deep water. And they wanted a pool. These weren't so many options as they were requirements."

The home itself makes ideal use of its situation on Cox Creek. The living room, kitchen, and bedrooms are on the second floor. All feature large picture windows and a view over the water. More light fills the kitchen and bedrooms through multiple skylights. A terrace, accessed via sliding glass doors in the kitchen or master bedroom, defines the second level. It is long and spacious, well-appointed with an outdoor dining table and comfy lounge



chairs. While compact in size, the efficient kitchen features custom cabinetry, granite countertops, and stainless-steel appliances. Two steps up from the kitchen is a large family room. This room offers plenty of space for entertaining. The stunning views west and south through three walls of windows characterize the space. Rows of floor-to-ceiling windows line the water view side of the first floor as well, where an extended lanai serves as both a sun porch and crab room.

The new owners work from home and wanted a property that could offer separate office spaces. Recent renovations included a new lower level office with walk-out access to the pier. Unfortunately, since the couple needed separate offices, the room did not accommodate their needs. As they prepared

to walk away from putting a contract on the property, they noticed a large barn located close to the water, just across the driveway. Originally built as a two-story storage shed, the structure made for a perfect second office and man cave. "While this home did not at first seem ideal for the buyers, we were able to look beyond the items that didn't work to see the possibilities," Donaldson says. "This property was very unique in its location three exits from the Bay Bridge, at the end of a quiet road, on a peninsula, with deep and calm water. I advised my clients that sticks and bricks can all be fixed. I felt that they shouldn't pass up on that view and that much land at what I believe was a fair price."

Gretchen Wichlinski was the seller's agent. "This has to be one of my all-time favorite houses that I have had the privilege of selling," she says. "These types of properties don't come on the market very often, and because of that, I had multiple offers and interest."

The property was priced based on comparisons to other waterfront homes, taking into consideration the many unique features of a waterfront lifestyle on a quiet peninsula. The new buyers met the asking price, and the home was on the market for 14 days.

Seller Agent: Gretchen Wichlinski, Rosendale Realty

Buyer Agent: Susan Donaldson, Long and Foster



Sold For: \$475,000
List Price: \$474,999
Last Sold/Price: \$285,000
(2011)
Bedrooms: 3
Bathrooms: 2
Living Space: 1,928 sq. ft.
Lot Size: .50 acre

HOME REAL ESTATE

Bentely Hays

St. Michaels, Talbot County

By Diana Love

Driving up to this mid-century modern home in St. Michaels is like stepping into another world. The stark architecture, the mix of materials, and the bright red front door contrast with the stately plantations, the placid colonialism, and the composed bungalows more common to the area. Situated on a double lot just over the line from Rio Vista in Bentely Hays, a grove of pines shades the home. It gives visitors the sense that, although they are just over the town limits from St. Michaels proper, they are, in fact, tucked back into a space of peace and tranquility.

Entry through the garage or the front door reveals that the home's floor plan has been switched: the kitchen, living room, dining room, and master suite are all on the second floor. Architectural design on the second level was clearly intended to match the contemporary exterior and to take advantage of a view to the Miles River that flows just across the road.



Ceilings are extraordinarily high with painted wood beams evocative of a more traditional nautical style. This feature imbues a sense of airiness and brightness that might otherwise be countered by shade from the property's trees. The common areas boast large picture windows and transoms. Even though the house is surrounded on all sides by landscape greenery, the plethora of windows lets in natural light reflected off the water. Even the long galley kitchen, whose best feature may be the abundance of cabinet storage, has a large window that looks into the highest trees. Two bedrooms and a bath on the first level are adjacent to a sunny all-season greenroom and a large covered patio. The property includes a one-car garage, a workshop, and boat racks.

The new owners of the house planned to one day purchase a second home "to get away from the daily grind of their work in Montgomery County," says the owner, who is also a professional realtor. They found this home serendipitously and after just one look knew they had to have it. "My husband is an avid boater; he is in love with the backyard workshop that he calls his Toy Shop. It's where he stores his boating gear. I am in love with the contemporary and unusual look of the home, the high-quality renovation work completed by the previous owner, and, of course, the feeling that we are at our own beach house."

The current owners plan to apply for permits that will allow short-term rental of the property. The couple says it will offset the costs of this investment, which they are confident will prove profitable as they move toward retirement.

Seller Agent: Monica Penwell, Meredith Fine Properties

Buyer Agent: Donna Kerr, Donna Kerr Group



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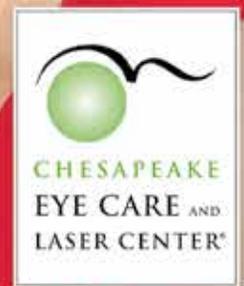
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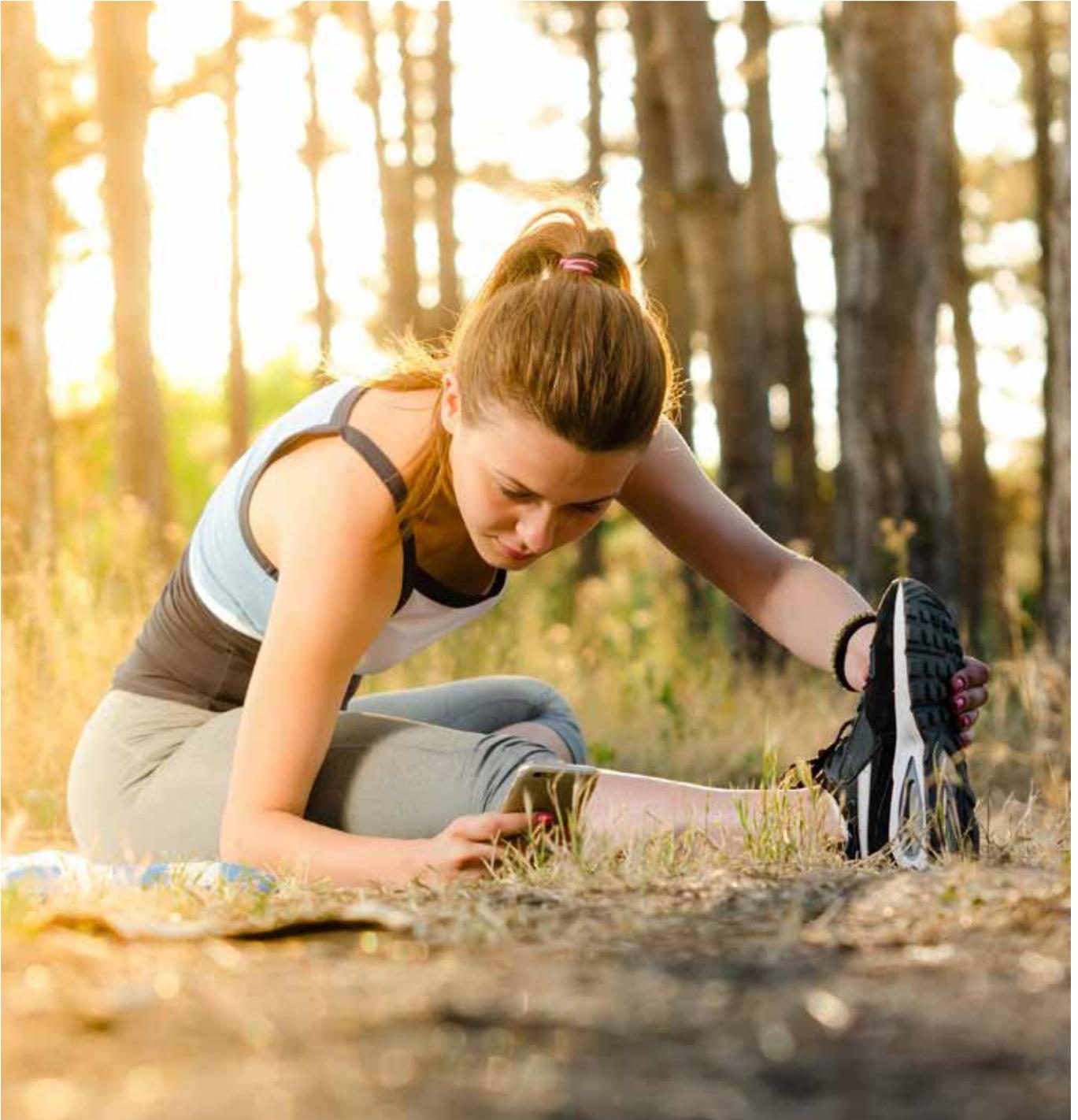


Results shown are actual patients of Dr. Zwick



Health & Beauty

80 ON THE RUN: GETTING STARTED | **81** THE FAR SIDE OF INFRARED THERAPY
81 ROLL WITH IT | **82** WELLNESS TRENDS FOR 2019 *plus more!*



On the Run: Getting Started

IF YOU'RE DETERMINED TO BECOME
A RUNNER IN 2019, START HERE

By Kelsey Casselbury

Picking up a running habit is easier said than done, but it can bring a wealth of benefits to your life. Not only does the regular exercise help improve your overall health and manage your weight, but it's also backed up by research as a way to decrease depression, sharpen memory, alleviate anxiety, and help you sleep better. Get started with these **5 TIPS**:

1 GO SHOPPING. It's time for new shoes! Running long distances in old sneakers is asking for aches and pain. Shop later in the day when your feet are a little swollen, and ask an associate for help in fitting. Ask the store for their return policy, and don't hesitate to take the shoes back after two weeks if they don't feel right.



2 ALTERNATE RUNNING AND WALKING. Running coach Jeff Galloway (and many others) are proponents of the run/walk method, in which you alternate intervals of running and walking, as you build your stamina. Start with a 2-to-1 ratio of running to walking and increase it as your endurance builds.

3 ALWAYS START WITH A WARM UP. Get blood flow to your muscles before you increase speed by walking for three to five minutes and doing active stretches, including butt kicks and knee raises.

4 BUILD MILEAGE SLOWLY. Don't bust out three miles on your first day as a runner. Start with one mile and add around 10 percent every week. During this build time, don't worry about your speed—you will naturally get a little faster during every run.

5 TAKE TIME OFF. Practice makes perfect, but overtraining leads to injuries. Stick to running every other day—at most—to allow your body time to rest and recover. Take a day off from exercise entirely at least one day a week.



JANUARY'S HALF-MARATHON TRAINING PLAN

If you can successfully run or run/walk a 5K (3.1 miles), you can train for a half-marathon. This 16-week training plan, which will be chronicled over the next four issues, is easy to follow and provides alternating days of running, rest, and cross-training exercises, including:

STRENGTH: 20 to 30 minutes of resistance training, such as bodyweight exercises, weight machine exercises or free weights, such as dumbbells or resistance bands.

CROSS: 30 minutes of cross-training such as walking, swimming, elliptical, or cycling.

STRETCH: At least 15 minutes of flexibility exercises.

	WEEK 1	WEEK 1	WEEK 1	WEEK 1
MON	Strength	Strength	Strength	Strength
TUES	2 miles	2 miles	3 miles	3 miles
WEDS	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
THURS	3 miles	3 miles	3 miles	3 miles
FRI	Rest	Rest	Rest	Rest
SAT	3 miles	4 miles	4 miles	5 miles
SUN	Stretch	Stretch	Stretch	Stretch

Cut out this schedule and put it on your refrigerator to make it easy to access. Check back in February's issue for month two of the 16-week half-marathon training plan!

The Far Side of Infrared Therapy

FAR-INFRARED RAYS COULD HELP
MANAGE CHRONIC PAIN

By Kelsey Casselbury

Living with chronic pain isn't easy. Chronic pain is persistent, nagging, and ever-present, whether it's in the back, joints, head, or any other part of the body. It could be due to arthritis, chronic migraines, or an ailment that's yet to be determined, making treatment difficult, and it affects more people in the U.S. than diabetes, heart disease, stroke, and cancer combined, according to the American Academy of Pain Medicine. Because it's the No. 1 cause of disability in the country, chronic pain has a significant impact on the economy.



It's no wonder, then, that chronic pain sufferers have turned to less-conventional methods of management, including far-infrared (FIR) therapy. "Infrared saunas are tremendous for relieving various forms of chronic pain such as joint and muscle pain, headaches, and fatigue," claims Harry Early, Jr., manager at Chesapeake Spas in Edgewater, which stocks infrared spas, a popular method to enjoy FIR therapy.

Research on the use of FIR for managing pain is limited, but it theoretically works by increasing blood flow in deep tissue and potentially disrupting the structure of proteins to the point where physiological changes could take place on the cellular level. The FIR rays heat your body without warming the air around you, according to the Mayo Clinic, and it's often more accessible to people who can't

stand the heat of a conventional sauna, which is usually around 150 to 175 degrees. By contrast, infrared saunas typically heat up to about 125 degrees.

A small 2015 study published in the *Journal of Athletic Enhancement* on male athletes found that FIR heat therapy improved muscle recovery after intense training, while another 2015 study in *Experimental Biology and Medicine* suggested that FIR rays also had the potential to improve health in people suffering from cardiovascular disease, chronic kidney disease, and diabetes.

While FIR therapy isn't guaranteed to help the pain, it's not going to hurt as an alternative coping method, according to current research. However, you should always talk to your doctor before using any type of sauna, particularly if you suffer from high blood pressure or a heart condition.



HEALTH & BEAUTY BEAUTY

Roll With It

JADE ROLLERS MAY REDUCE REDNESS,
PUFFINESS ON YOUR FACE, BUT DON'T
EXPECT IT TO WORK MIRACLES

By Kelsey Casselbury

Long gone are the days of laying cold slices of cucumber on your eyes to calm puffiness. However, one of the latest beauty trends involves another chilly green tool, the jade roller. It might seem like just another fad, but the jade roller—which sort of looks like a mini paint roller with two smooth green stones on either end—is steeped in centuries-old Chinese history. Pinterest reported in 2017 that searches for facial rollers increased 345 percent, a clear indication that folks are interested in this long-used beauty tool.

While there's a bit of mysticism surrounding jade (it's thought of as "the stone of heaven" in Chinese culture), there's a little bit of science, too. Jade rollers can do two things for your facial skin: first, it can increase circulation and stimulate lymphatic drainage throughout your face. When you keep the jade roller in the fridge and use it chilled, the cool stone can reduce puffiness and redness, though it won't have long-term effects. Second, it can work treatment serums deeper into the skin, potentially for a better product effect.

There's not a ton of research surrounding the use of jade rollers, but many people report simply enjoying the ritual of rolling the cool stone over their skin. Use the larger stone across your cheeks, forehead, chin, and neck, and glide the smaller stone around your eyes. Jade isn't porous, so it doesn't harbor bacteria; however, start rolling after you've washed your face, so you're not pushing dirt or makeup deeper into your skin. While you might not see long-term effects in your skin, there's something to be said for the destressing properties that the cool touch of jade can offer.



An Expansion of HIIT-Style Workout Classes

Who has time for hours of workouts? More gyms and fitness studios are developing or picking up HIIT classes (that's high-intensity interval training, for the newbies) that let members work harder in less time. Perfect example: Global fitness guru Les Mills' new-ish Sprint and Grit classes, available in gyms across the state.

Cryotherapy: So Cold It's Hot

You might think people who voluntarily climb into a freezing (or near-freezing) booth for three to five minutes are crazy, but just you wait—you're going to be hearing about this non-medical treatment more and more this year. Cryotherapy reportedly soothes muscle pain and helps with joint and muscle disorders, including arthritis. Research supports cryotherapy for speeding up healing time in muscles and reducing inflammation.

Just-for-You Supplements

Not everyone needs all the vitamins and minerals that come in a standard multivitamin supplement. "We don't eat all the same, live the same, or have the same health issues," says Arielle Levitan, MD, of Vous Vitamin LLC, a national brand. "Why should we take the same vitamins?" Generally, the company—there's a lot of them, including Care/Of, Ritual, and Persona—offers a quiz that helps you figure out what supplements will benefit you the most.

Workplace Wellness Wins

It started with smoking cessation and evolved into standing desks, but workplace wellness efforts will continue to expand during 2019. Expect to see wellness programs that have been tailored to the employee's goals (whether it's weight-loss, disease management, or otherwise), as well as an increased focus on mental health, both in the workplace and outside of it. "Mindfulness in the workplace is catching on," notes Joy Rains, author of *Meditation Illuminated: Simple Ways to Manage Your Busy Mind*. "Employers realize that happy, healthy employees are productive employees. No longer a fringe practice, there's a big demand for mindfulness programs at work, whether to reduce stress or increase productivity—or both."

The Rise of CBD Products

CBD might be controversial, but that doesn't mean it's not showing up everywhere. Cannabidiol (CBD) is legal in Maryland without a prescription, and a number of companies are infusing the oil—which is totally different than THC, the compound in marijuana that gets a person high—into products such as chocolate, gumdrops, honey, and moisturizers (to apply on your skin, not to eat). "CBD-infused products have continued to grow in popularity, and with that audience growth, it is becoming increasingly mainstream versus simply a fringe product," reports social media stylist Sandra Young of Social Styles, a national marketing firm that focuses on the health and wellness industry.



HEALTH & BEAUTY HEALTH

Wellness Trends

FIVE HEALTH
AND WELLNESS
TRENDS FOR 2019

By Kelsey Casselbury

At the dawn of each new year, experts in a number of industries do their best to predict what's going to be hot over the next 12 months. Crafted with help from some trend spotters, here are What's Up? Media's thoughts on what's going to be big in health and wellness for 2019. →

Fresh Look

BRUSSELS SPROUTS

By Kelsey Casselbury

Brussels sprouts are those vegetables that you love to hate (or, at least you probably did as a child). Any sprout advocate loves to tell the haters, though, that if you really don't like these tiny little cabbages, you probably haven't had them prepared correctly. And, well, that's probably true.

While some people like Brussels sprouts to be boiled within an inch of its life, most aren't going to find that very tasty. That's a shame because this member of the cole crop family (or cruciferous), which includes broccoli, turnips, and kale, can be quite delicious when done right. They also provide a couple of important vitamins in extra-large doses, such as vitamin K (137 percent of the daily value!) and vitamin C (81 percent). Vitamin K is essential for coagulation, the formation of blood clots that stem bleeding; it also plays a role in bone health and may protect against osteoporosis.

Brussels sprouts—like other produce—are also a significant source of antioxidants. Specifically, in this case, the antioxidant of choice is kaempferol, which may play a role in reducing cancer cell growth, easing inflammation, and improving heart health.

Because Brussels sprouts are a cold-weather vegetable, this is the time of the year to finally learn how to cook them right. Check out this recipe that roasts them up real crispy and tosses the halves with flavorful cranberries, pecans, and good, old-fashioned olive oil and balsamic.



Roasted Brussels Sprouts with Cranberries and Pecans



RECIPE

1 pound fresh **Brussels sprouts**
 3/4 cup **pecan halves**
 1/3 cup **dried cranberries**
 2 tablespoons **extra-virgin olive oil**
 1 tablespoon **balsamic vinegar**
 1 tablespoon **fresh thyme**
 (or 1 teaspoon dried)
 1/4 teaspoon **salt**
 1/8 teaspoon **pepper**

Preheat the oven to 400°F. Prepare a sheet pan by lining it with foil or parchment paper.

Prepare the Brussels sprouts by washing and trimming the ends. Re-

move any outer leaves that are falling off, and then slice the sprouts in half lengthwise.

Combine the Brussels sprouts, pecans, and cranberries in a large

bowl. Drizzle with the olive oil and vinegar, and then add the thyme, salt, and pepper. Toss well to combine.

Spread the mixture out on the baking sheet.

Bake for 20 to 30 minutes, or until the Brussels sprouts have dark, crispy outer leaves. Remove from the oven and serve immediately.

Parents, put on your oxygen mask first

“Put on your oxygen mask first” might sound like a cliché, but it’s the best metaphor for self-care.

How many times have you felt burned out but continued to push yourself past your limits? How many times have you put your needs on the back burner for your family despite being exhausted? And how many times have you said “yes” when really what you wanted to say was, “no, not today”?

Being a parent is a beautiful gift. By nature, you begin to let go of your priorities to take care of your children. You can’t help but give them your all, even if that means coming home after a busy day and continue to parent when you are tired.

Your children need you. Now more than ever before as the discussion around mental health is at an all-time high. The statistics are eye-opening. One in 5 children ages 13 to 18 have or will have a serious mental illness at some point during their life, according to the National Alliance for Mental Illness (NAMI). Another finding shows that suicide is the third leading cause of death in ages 10 to 24.

You play a crucial role in your child’s wellbeing and mental health, but caring for your child can have an impact on your health too. To best care for the people you love, you must first take care of yourself.



HERE ARE SOME STEPS YOU CAN TAKE:

Practice self-care. No, you’re not selfish—this is important to remember. Self-care has become a trendy term but most people don’t put it into practice. A good way to start is first give yourself permission to do it and focus on yourself, even if it’s just for a day.

Identify replenishing activities that work for you. Scrolling through your phone, being on social media or watching TV are activities that occupy your time but do not replenish you. Instead, try taking a walk, going for a jog or sitting somewhere surrounded by nature. Savor doing activities that replenish you and look forward to doing them.

Know your limits. It’s OK to ask for help or delegate chores and responsibilities to others when you don’t feel like you can take on more. Not being able to do everything by yourself is not a sign of weakness. It is realistic to know your limits and to prioritize self-care.

Look at the big picture and re-center. Centering helps you be a consistent and stable parent for your children. If you’re always involved in a frenzy of activities, you won’t be able to do this. Practice mindfulness—being present in the moment with full awareness and without judgment of thoughts and feelings – instead of being distracted by what’s next on the list. Engaging in self-care activities and reminding yourself of core values can help with centering.

Set realistic expectations. Don’t compare yourself to other parents. Parenting is not a competition. What might be a priority for you might not be for another parent. Identify what is important to you and your family. Is it spending more time together? Sharing more things? Going out to the movies? Set your own goals and expectations, and focus on those.

Schedule alone time. Yes, you’re allowed to do this! Listen and take care of yourself.

Meditate/relax. Take a break from the “motor mind” by deep breathing, being a witness to the thoughts in your mind, or listening to music that uplifts you. This is a good way to relax, be present and unwind from your hectic day-to-day.

Ask for help. Approximately one in five adults in the U.S.—43.8 million—experiences mental illness in a given year, according to NAMI. Don’t be afraid to seek professional help or talk to your doctor about issues you may be experiencing. By taking care of your own physical and emotional health, you’ll be better equipped to serve as a role model for your child and/or handle the challenges of supporting someone with a mental illness. Neglecting your own emotional needs can lead to depression or anxiety down the line. Don’t forget that your children are watching and will learn from you how to deal with stressful situations. Be in tune with yourself. You can’t live a life that’s fulfilling and meaningful if you’re always focused on others. Like they tell you on an airplane, you can’t help the person next to you if you don’t have your oxygen mask on first.

“Parents, Put On Your Oxygen Mask First” is provided by Anne Arundel Medical Center.

Products We Love

THIS MONTH'S PICKS FROM
THE BEAUTY BUZZ TEAM

By Caley Breese

Want to know what's up in the world of beauty and beyond? Look no further! Here, you'll find the latest and greatest hair, skin, and makeup products, reviewed by our Beauty Buzz Team (and the occasional member of our What's Up? Staff). Read on and decide for yourself whether you would like to try it or not. Stay tuned for reviews by our new Beauty Buzz team, coming next month!



1.

"Unlike some facial scrubs, this one is gentle enough to use often and in the winter. I was hesitant to use it with the level of dryness I was experiencing due to the weather, but this product actually seemed to help. My skin felt clean, renewed, and moisturized afterwards." —Beauty Buzz Member Starr Grill, 48, Crownsville



2.

"Clever compact packaging makes applying this facial powder a breeze. I love being able to whip it out of my purse and apply on the go. This is the perfect finishing powder, which can also be used alone to reduce shine." —Beauty Buzz Member Jessica Vermillion, 39, Crofton



3.

"My hair is pretty dry and tends to have flyaways. Normally when I use an elixir, it makes my hair look greasy, but this product was fantastic! It controlled the frizz and made my hair look healthy and shiny!" —Account Executive Lisa Peri, 48, Annapolis



1 RENEWED PUMPKIN WALNUT FACIAL CLEANSER BY FEEL

\$18/2 fl. oz.; \$28/4 fl. oz., thisisfeel.com

Rid your face of dead skin cells with this deep, yet gentle, exfoliant, formulated with pumpkin and walnut powder. Pumpkin fortifies the skin with alpha hydroxy acids, zinc, and vitamins A and C, while the walnut powder gently exfoliates skin to achieve a rejuvenated glow. To use, apply product onto damp skin and massage in a circular motion. This vegan facial cleanser is gentle enough for everyday use.

For more reviews, visit us online at WHATSUPMAG.COM



2

100% MINERAL INVINCIBLE SETTING POWDER BY SUPERGOOP!

\$30, supergoop.com

Set your makeup and protect your skin at the same time with this SPF 45 mineral setting powder. This formula includes ingredients like Ceramide 3 to protect skin from environmental damage, and olive glycerides to moisturize. The handy, refillable brush is perfect for when you're on the go and need a quick touch-up. This sweat-resistant setting powder offers a smooth matte finish.

3

ARGAN MOISTURIZING ELIXIR BY BALMAIN

\$47/3.38 fl.

oz., [Symmetry Salon Studios in Annapolis](http://SymmetrySalonStudios.com)

Formulated with moisture-retaining ingredients like organic Argan Oil and Silk Protein, this hydrating elixir adds radiant shine while controlling frizz and protecting damaged hair. To achieve smooth, nourished hair, apply elixir throughout damp or dry hair and style as desired.



SIXTH ANNUAL



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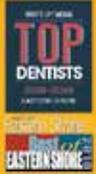


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Dining

88 GUIDE

Burgers are a specialty at The High Spot in Cambridge

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☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2018 Winner

Queen Anne's County

Adam's Taphouse and Grille

100 Abruzzi Drive, Chester; 410-643-5050; Adamsgillkentsland.com; Barbecue; lunch, dinner \$\$ ☎ Y 🍷

Annie's Paramount Steak & Seafood House

500 Kent Narrows Way N., Grasonville; 410-827-7103; Annies.biz; Steakhouse, seafood; lunch, dinner, Sunday brunch \$\$ ☎ Y 🍷 🌊

Big Bats Café

216 Saint Claire Place, Stevensville; 410-604-1120; Bigbats.com; American, sports bar; lunch, dinner \$ Y 🍷 🎵 🍷

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; Bridgesrestaurant.net; Seafood; lunch, dinner \$\$ ☎ Y 🍷 🌊 🍷

Café Sado

205 Tackle Circle, Chester; 410-604-1688; Cafesado.com; Thai, sushi; lunch, dinner \$\$ Y 🌊 🍷

Capriotti's

500 Abruzzi Drive, Chester; 410-643-9993; Capriottis.com; Sandwiches; lunch, dinner 🍷

Carmine's New York Pizza

2126 DiDonato Drive, Chester; 410-604-2123; Carminesnypizzakitchen.net; Italian, pizza; lunch, dinner \$ 🍷 🍷

Doc's Riverside Grille

511 Chesterfield Avenue, Centreville; 410-758-1707; Docsriversidegrille.com; American; lunch, dinner \$ Y 🍷 🎵 🍷

El Jefe Mexican Kitchen & Tequila Bar

1235 Shopping Center Road, Stevensville; 410-604-1234; Eljefemexkitchen.com; Mexican; lunch, dinner \$-\$\$ Y 🍷

Fisherman's Inn & Crab Deck

3032 Kent Narrows Way S., Grasonville; 410-827-6666; Crabdeck.com; Seafood; lunch, dinner \$\$ Y 🍷 🌊 🎵 🍷

Frix's Fire Grill

1533 Postal Road, Chester; 410-604-2525; Frixsfiregrill.com; Brazilian/American, small plates, bar/lounge, lunch, dinner \$\$ ☎ Y 🍷

Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harris-crab-house.com; Seafood, crabs; lunch, dinner \$\$ ☎ Y 🍷 🌊 🎵 🍷

Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbay-bridge.com; Seafood; lunch, dinner \$\$ ☎ Y 🌊 🍷

Historic Kent Manor Inn

500 Kent Manor Drive, Stevensville; 410-643-5757; Kentmanor.com; Modern American; special occasion dining, Sunday brunch \$\$\$ ☎ Y

The Jetty Restaurant & Dock Bar

201 Wells Cove Road, Grasonville, 410-827-4959; Jettydockbar.com; American, seafood; lunch, dinner \$ Y 🍷 🌊 🎵

Kentmorr Restaurant

910 Kentmorr Road, Stevensville; 410-643-2263; Kentmorr.com; American, seafood; lunch, dinner \$\$ ☎ Y 🍷 🌊 🍷

Knoxie's Table

180 Pier 1 Rd, Stevensville; 443-249-5777; Baybeachclub.com; American; dinner, weekend brunch ☎ Y 🍷 🍷

Ledo Pizza

110 Kent Landing, Stevensville; 410-643-7979; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ 🍷 🍷

Love Point Deli

109 Main Street, Stevensville; 410-604-2447; Lovepointdeli.com; Deli; lunch, dinner \$ 🍷 🍷

The Narrows Restaurant

3023 Kent Narrows Way S., Grasonville; 410-827-8113; Thenarrowsrestaurant.com; American, seafood; lunch, dinner, Sunday brunch \$\$ ☎ Y 🌊 🍷

O'Shucks Irish Pub

122 Commerce Street, Centreville; 410-758-3619; Oshucksirishpub.com; Irish, American; lunch, dinner \$ Y 🍷

Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466; Ramsheadshore-house.com; American, brewery; breakfast, lunch, dinner \$ Y 🍷 🎵 🍷

Red Eye's Dock Bar

428 Kent Narrows Way N., Grasonville; 410-827-3937; Redeyedockbar.com; American, seafood; lunch, dinner \$ Y 🌊 🎵 🍷

Rustico Restaurant & Wine Bar

401 Love Point Road, Stevensville; 410-643-9444; Rusticoonline.com; Southern Italian; lunch, dinner \$\$ ☎ Y 🍷

SandBar at Rolph's Wharf

1008 Rolph's Wharf Road, Chestertown; 410-778-6389; Seafood; lunch, dinner \$ Y 🌊 🍷

KENTMORR RESTAURANT

"The crab cakes are delicious. The water view is an added bonus."

—Kate Carlson

Smoke, Rattle & Roll

419 Thompson Creek Road, Stevensville; 443-249-3281; Smokerattleandroll.com; BBQ; lunch, dinner \$ 🍷

Talbot County

208 Talbot

208 N. Talbot Street, St. Michaels; 410-745-3838; 208talbot.com; Modern American; dinner \$\$ ☎ Y

Ava's Pizzeria & Wine Bar

409 S. Talbot Street, St. Michaels; 410-745-3081; Avaspizzeria.com; Italian, pizza; lunch, dinner \$\$ Y 🍷 🍷

Awful Arthur's Seafood Company

402 S. Talbot St., St. Michaels; 410-745-3474; Awfularthursusa.com; Fresh seafood, authentic oyster bar \$\$ Y ☎ 🍷 🎵 🍷

The Barn Steakhouse & Sports Bar

8249 Teal Drive, Easton; 410-820-0500; Thebarnofeaston.com; Steak, American; brunch, lunch, dinner \$\$\$

The BBQ Joint

216 East Dover Street, Ste. 201, Easton; 410-690-3641; Andrew-evansbbqjoint.com; Barbecue; lunch, dinner \$ Y 🍷 🍷 🍷

Banning's Tavern

42 E Dover Street, Easton; 410-822-1733; Banningstavern.com; American; lunch, dinner \$\$ ☎ Y

Bartlett Pear Inn

28 S. Harrison Street, Easton; 410-770-3300; Bartlettpearinn.com; Farm-to-table; dinner \$\$\$ ☎ Y

Bas Rouge

19 Federal Street, Easton; 410-822-1637; Basrougeeaston.com; European; lunch, dinner \$\$\$ ☎

Bistro St. Michaels

403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; dinner, Weekend brunch \$\$ ☎ Y

Blackthorn Irish Pub

209 Talbot Street, St. Michaels; 410-745-8011; Irish, seafood; lunch, dinner \$\$ Y 🍷 🍷

Capriotti's

106 Marlboro Avenue, Easton; 410-770-4546; Capriottis.com; Sandwiches; lunch, dinner \$ 🍷

Capsize (Seasonal)

314 Tilghman Street, Oxford; 410-226-5900; Capsizeoxmd.com; American; lunch, dinner \$-\$\$ ☎ Y 🌊 🍷

Captain's Ketch

316 Glebe Road, Easton; 410-820-7177; Captainsketchseafood.com; Seafood; lunch, dinner

Carpenter Street Saloon

113 Talbot Street, St. Michaels; 410-745-5111; Carpenterstreetssaloon.com; American, seafood; breakfast, lunch, dinner \$\$ Y 🎵 🍷

Characters Bridge Restaurant

6136 Tilghman Island Road, Tilghman; 410-886-1060; Fresh seafood, casual atmosphere; Lunch, dinner; Charactersbridgerestaurant.com \$\$\$ 🍷 🍴 *

Chesapeake Landing

23713 St. Michaels Road, St. Michaels; 410-745-9600; ChesapeakeLandingrestaurant.com; Seafood; lunch, dinner \$\$\$ 🍷 🍴

The Crab Claw Restaurant

304 Burns Street, St. Michaels; 410-745-2900; Thecrabclaw.com; Seafood; lunch, dinner \$\$\$ 🍷 🍴 *

Crab N Que

207 N. Talbot St., St. Michaels; 410-745-8064; Crabnque.com; Seafood, Barbecue; lunch, dinner \$\$\$

Crepes By The Bay

413 S. Talbot St., St. Michaels; 410-745-8429; Breakfast, lunch 🍷 🍴 *

Doc's Sunset Grille

104 W Pier St., Oxford; 410-226-5550; American; lunch, dinner \$ 🍷 🍴 *

El Dorado Bar & Grill

201-C Marlboro Avenue, Easton; 410-820-4002; Mexican; lunch, dinner \$\$ 🍷 🍴

Foxy's Harbor Grille (Seasonal)

125 Mulberry St., St. Michaels; 410-745-4340; Foxysharborgrille.com; Seafood, American; lunch, dinner \$ 🍷 🍴 *

The Galley St. Michaels

305 S. Talbot Street, St. Michaels; 410-200-8572; Thegalley-saintmichaels.com; Breakfast, lunch \$ 🍷 🍴 *

Gina's Cafe

601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascfestmikes; Southwestern, Vegetarian; lunch, dinner \$\$

Harbour Lights

101 N. Harbor Road, St. Michaels; 410-745-9001; Harbourinn.com; American, seafood; lunch, dinner \$\$ 🍷 🍴 *

Harrison's Eastern Shore

1216 S. Talbot St., St. Michaels; 410-745-8090; Harrisonseasternshore.com 🍷 🍴

Hill's Cafe and Juice Bar

32 East Dover Street, Easton; 410-822-9751; Hillscafeandjuice.com; American, milkshakes, sandwiches; breakfast, lunch \$ 🍷

Hot off The Coals BBQ

8356 Ocean Gateway, Easton; 410-820-8500; Hotoffthecoals.com; Barbecue; lunch, dinner \$ 🍷 *

Hunters' Tavern at the Tidewater Inn

101 E. Dover Street, Easton; 410-822-4034; Tidewaterinn.com; American; breakfast, lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷 🍴 *

In Japan

101 Marlboro Avenue, Easton; 410-443-0681; Injapansushi.com; Japanese, sushi; lunch, dinner \$\$ 🍷 🍴 🍷

Krave Courtyard

12 W. Dover St., Easton; 410-980-5588; American; lunch \$ *

Latitude 38 Bistro & Spirits

26342 Oxford Road, Oxford; 410-226-5303; Latitude38.biz; American, seafood; lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷

Ledo Pizza

108 Marlboro Avenue, Easton; 410-819-3000; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ 🍷 🍴

Lighthouse Oyster Bar & Grill

125 Mulberry Street, St. Michaels; 410-745-2226; Lighthouseoysterbarandgrill.com; Seafood, American; lunch, dinner \$-\$ \$ 🍷 🍴 🍷 🍴

Limoncello Italian Restaurant

200 S. Talbot St., St. Michaels; 410-745-3111; Limoncellostmichaels.com; Italian; lunch, dinner \$\$ 🍷 🍴 🍷

Lowes Wharf

21651 Lowes Wharf Road, Sherwoo; 410-745-6684; Loweswharf.com; American; lunch, dinner \$ 🍷 🍴 🍷 🍴 *

Marker Five

6178 Tilghman Island Road, Tilghman; 410-886-1122; Markerfive.com; Local seafood, lunch, dinner Thursday-Sunday \$\$ 🍷 🍴 🍷 🍴 *

Mason's Redux

22 South Harrison Street, Easton; 410-822-3204; Masonsredux.com; Modern American; lunch, dinner, Sunday brunch \$-\$ \$ 🍷 🍴 🍷 *

Old Brick Café

401 S. Talbot St., St. Michaels; 410-745-3323; Breakfast

Out of the Fire Café & Wine Bar

22 Goldsborough Street, Easton; 410-770-4777; Outofthefire.com; Mediterranean, seafood; lunch, dinner \$\$ 🍷 🍴 🍷

Peacock Restaurant & Lounge at Inn at 202 Dover

202 E. Dover Street, Easton; 410-819-8007; Innat202dover.com; Modern American; dinner \$\$ 🍷 🍴

Piazza Italian Market

218 N. Washington Street, Easton; 410-820-8281; Piazzaitalianmarket.com; Italian; lunch, takeout \$ 🍷 🍴 *

Plaza Tapatia

7813 Ocean Gateway, Easton; 410-770-8550; Plazatapatia.com; Mexican; lunch, dinner \$ 🍷 🍴 🍷

Pope's Tavern

504 S. Morris St., Oxford; 410-226-5220; Oxfordinn.net; European bistro; dinner \$\$ 🍷 🍴 🍷

Portofino Ristorante Italiano

4 W. Dover Street, Easton; 410-770-9200; Portofinoeaston.com; Italian; dinner \$\$ 🍷 🍴

Robert Morris Inn

314 North Morris Street, Oxford; 410-226-5111; Robertmorrissinn.com; Modern American; breakfast, lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷

Sakura Sushi Restaurant

8475 Ocean Gateway, Easton; 410-690-4770; Japanese, Sushi; lunch, dinner \$-\$ \$

Sam's Pizza & Restaurant

1110 S. Talbot Street, St. Michaels; 410-745-5955; Samspizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ 🍷 🍴 🍷

Scossa Restaurant & Lounge

8 N. Washington Street, Easton; 410-822-2202; Scossarestaurant.com; Northern Italian; lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷

OUT OF THE FIRE CAFÉ & WINE BAR

"The food and service here is always wonderful." –Eileen Henry

Stars at Inn at Perry Cabin

308 Watkins Lane, St. Michaels; 410-745-2200; Perrycabin.com; Seafood; breakfast, lunch, dinner \$\$\$ 🍷 🍴 🍷

St. Michaels Crab & Steakhouse

305 Mulberry Street, St. Michaels; 410-745-3737; Stmichaelscrabhouse.com; American, seafood; lunch, dinner \$\$ 🍷 🍴 🍷 🍴 *

Sugar Buns Airport Café & Bakery

29137 Newnam Road, Easton; 410-820-4220; Sugarbuns.com; Baked goods, desserts, light fare; breakfast, lunch \$ 🍷

Sunflowers & Greens

11 Federal Street, Easton; 410-822-7972; Sunflowersandgreens.com; Salads; lunch \$

T at the General Store

25942 Royal Oak Road, Easton; 410-745-8402; Tatthegeneralstore.com; Dinner, Weekend brunch \$\$ 🍷 🍴 🍷

Theo's Steaks, Sides & Spirits

407 S. Talbot Street, St. Michaels; 410-745-2106; Theossteakhouse.com; Steakhouse; dinner \$\$\$ 🍷 🍴 🍷

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; Twoifbysearestaurant.com; American; breakfast, lunch, Sunday brunch \$ 🍷 🍴

U Sushi

108 Marlboro Avenue, Easton; 410-763-8868; Usushimd.com; Japanese; lunch, dinner \$\$ 🍷

Victory Garden Café

124 S Aurora St., Easton; 410-690-7356; Multi-cuisine; breakfast, lunch, dinner \$ 🍷 🍴 *

Washington Street Pub & Oyster Bar

20 N. Washington Street, Easton; 410-822-1112; Washingtonstreetpub.com; American; lunch, dinner \$\$ 🍷 🍴 🍷

Kent County

Barbara's On The Bay

12 Ericson Avenue, Berterton; 410-348-3079; Barbarasonthebay.com; American; lunch, dinner \$\$ 🍷 🍴 🍷 *

Bay Wolf Restaurant

21270 Rock Hall Ave, Rock Hall; 410-639-2000; Baywolfrestaurant.com; Austrian & Eastern Shore Cuisine; lunch, dinner \$ 🍷

Beverly's Family Restaurant

11 Washington Ave, Chestertown; 410-778-1995; American; breakfast, lunch, coffee 🍷

Café Sado

870 High Street, Chestertown; 410-778-6688; Cafesado.com; Sushi and Thai \$\$ 🍷 🍴

The Channel Restaurant at Tolchester Marina (Seasonal)

21085 Tolchester Beach Road, Chestertown; 410-778-1400; Tolchestermarina.com; Seafood, American; lunch, dinner 🍷 🍴 *

China House

711 Washington Ave, Chestertown; 410-778-3939; Chinese; lunch, dinner \$

Ellen's Coffee Shop & Family

205 Spring Ave, Chestertown; 410-810-1992; American; breakfast, lunch, dinner, coffee \$ \$ ☕

Evergrain Bread Company

203 High Street, Chestertown; 410-778-3333; Evergrainbreadco.com; Bakery; breakfast, lunch \$ ☕

Figg's Ordinary

207 S. Cross Street #102, Chestertown; 443-282-0061; Figg-sordinary.com; Café and Bakery; Breakfast, Lunch, Gluten and refined sugar free \$ *

Fish Whistle

98 Cannon Street, Chestertown; 410-778-3566; Fishandwhistle.com; American; lunch, dinner \$ \$ ☕ ☕ ☕ ☕ ☕ ☕ *

Ford's Seafood

21459 Rock Hall Ave, Rock Hall; 410-639-2032; Seafood; breakfast, lunch, dinner \$ \$ \$

Harbor House (Seasonal)

23141 Buck Neck Road, Chestertown; 410-778-0669; Harborhouseat-wortoncreekmarina.com; Seafood, American; dinner, Saturday and Sunday lunch \$ \$ ☕ ☕ ☕ ☕

Harbor Shack

20895 Bayside Ave, Rock Hall; 410-639-9996; Harborshack.net; American, seafood; lunch, dinner \$-\$ \$ ☕ ☕ ☕ ☕ *

Java Rock

21309 Sharp St., Rock Hall; 410-639-9909; Javarockcoffeehouse.com; Gourmet coffee, light fare; breakfast, lunch \$ ☕ *

The Kitchen at the Imperial

208 High Street, Chestertown, MD. 21630; 410-778-5000; Imperialchestertown.com; Small Plates Tavern & Casual Fine Dining Restaurant, Sunday Brunch \$ \$ ☕ ☕ ☕ ☕

Luisa's Cucina Italiana

849 Washington Ave, Chestertown; 410-778-5360; Luisasrestaurant.com; Italian; lunch, dinner \$-\$ \$ ☕ ☕ ☕

Marzella's By The Bay LLC

3 Howell Point Road, Betterton; 410-348-5555; Italian, American; lunch, dinner \$ ☕ ☕

New Yarmouth Café

21325 Rock Hall Ave, Rock Hall; 410-639-9933; Newyarmouth-cafe.com; American, Italian; breakfast, lunch, dinner \$

O'Connor's Pub & Restaurant

844 High Street, Chestertown; 410-810-3338; American, Irish; lunch, dinner \$ \$ ☕ ☕ *

Osprey Point

20786 Rock Hall Avenue, Rock Hall; 410-639-2194; Osprey-point.com; American, Seafood; dinner, Sunday brunch \$ \$ \$ ☕ ☕ ☕ ☕

Pasta Plus

21356 Rock Hall Ave, Rock Hall; 410-639-7916; Rockhallpasta-plus.com; American, Italian; breakfast, lunch, dinner \$ ☕

Plaza Tapatia

715 Washington Ave, Chestertown 410-810-1952 Plazatapatia.com Mexican; lunch, dinner \$-\$ \$ ☕ ☕ ☕

Procolino Pizza

711 Washington Ave, Chestertown; 410-778-5900; Italian; lunch, dinner \$-\$ \$

Two Tree Restaurant

401 Cypress Street, Millington; 410-928-5887; Twotreerestaurant.com; Farm-to-table; lunch, dinner \$ \$ ☕ ☕ ☕

Uncle Charlie's Bistro

834B High Street, Chestertown; 410-778-3663; Unclecharlies-bistro.com; Modern American; lunch, dinner, Sunday brunch \$ \$ ☕ ☕

Waterman's Crab House

21055 Sharp Street, Rock Hall; 410-639-2261; Watermanscrab-house.com; Seafood; lunch, dinner \$ \$ ☕ ☕ ☕ ☕ *

Dorchester County

Bay County Bakery and Café

2951 Ocean Gateway, Cambridge; 410-228-9111; Baycountybakery.com; Sandwiches, pastries; breakfast, lunch \$ ☕

Bistro Poplar

535 Poplar Street, Cambridge; 410-228-4884; Bistropoplar.com; French; dinner \$ \$ \$ ☕ ☕ ☕

Black Water Bakery and Coffee House

429 Race Street, Cambridge; 443-225-5948; Black-water-bakery.com; Artisan breads, soups, sandwiches, desserts \$

Blue Point Provision

100 Heron Boulevard, Cambridge; 410-901-6410; Chesapeakebay.hyatt.com; Seafood; dinner \$ \$ ☕ ☕ ☕

Canvasback Restaurant & Irish Pub

420 Race Street, Cambridge; 410-221-7888; Irish, European; lunch, dinner \$ \$ ☕ ☕ ☕ ☕

JIMMIE & SOOK'S RAW BAR & GRILL

"Great happy hour prices."
-Lisa Lewis WINNER!

Carmela's Cucina

400 Academy Street, Cambridge; 410-221-8082; Carmelascucina1.com; Italian; lunch, dinner \$ ☕ ☕

High Spot Gastropub

305 High Street, Cambridge; 410-228-7420; Thehighspotgastropub.com; Modern American; breakfast, lunch, dinner \$ ☕ ☕ ☕ ☕

Jimmie & Sook's Raw Bar & Grill

527 Poplar Street, Cambridge; 410-228-0008; Jimmieandsooks.com; Seafood; lunch, dinner \$ ☕ ☕ ☕ *

Ocean Odyssey

316 Sunburst Highway (Rt. 50), Cambridge; 410-228-8633; toddseafood.com; Seafood; lunch, dinner \$ \$, ☕ ☕ *

Portside Seafood Restaurant

201 Trenton Street, Cambridge; 410-228-9007; Portsidemaryland.com; Seafood; lunch, dinner \$ ☕ ☕ ☕ *

RAR Brewing

504 Poplar Steet, Cambridge; 443-225-5664; Rarbrewing.com; American; lunch, dinner \$ ☕ ☕

Rock Lobstah

315 Gay Street, Cambridge; 443-477-6261; Rocklobstah.com; Seafood; lunch, dinner \$ \$ ☕

Snapper's Waterfront Café

112 Commerce Street, Cambridge; 410-228-0112; Snapperswaterfrontcafe.com; American, seafood; lunch, dinner, Sunday breakfast \$ ☕ ☕ ☕ ☕ ☕ ☕ ☕

Stoked Wood Fired Eatery

413 Muir St., Cambridge; 443-477-6040; Stokedwoodfireeatery.com; Italian; lunch, dinner \$ ☕ ☕ ☕ ☕ ☕

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; Suicide-bridge-restaurant.com \$ \$ ☕ ☕ ☕ ☕

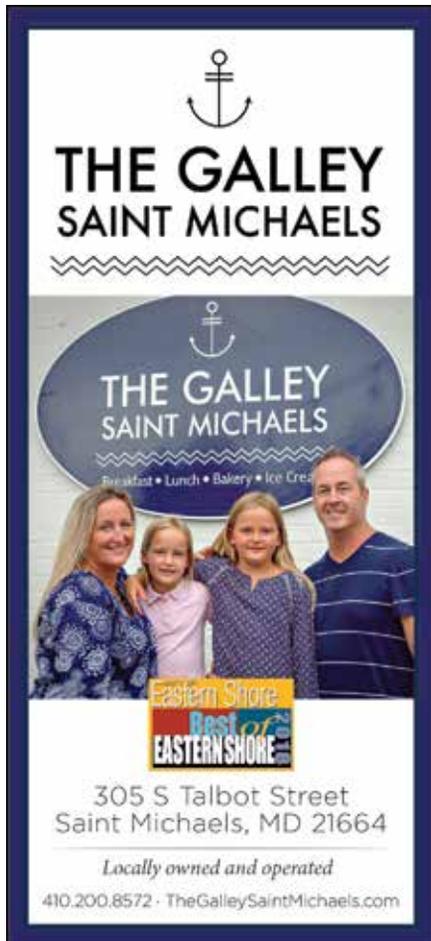
Caroline County

Harry's on the Green

4 South First Street, Denton; 410-479-1919; Harrysonthegreen.com; American, seafood; lunch, dinner \$ \$ ☕ ☕ ☕ *

Market Street Public House

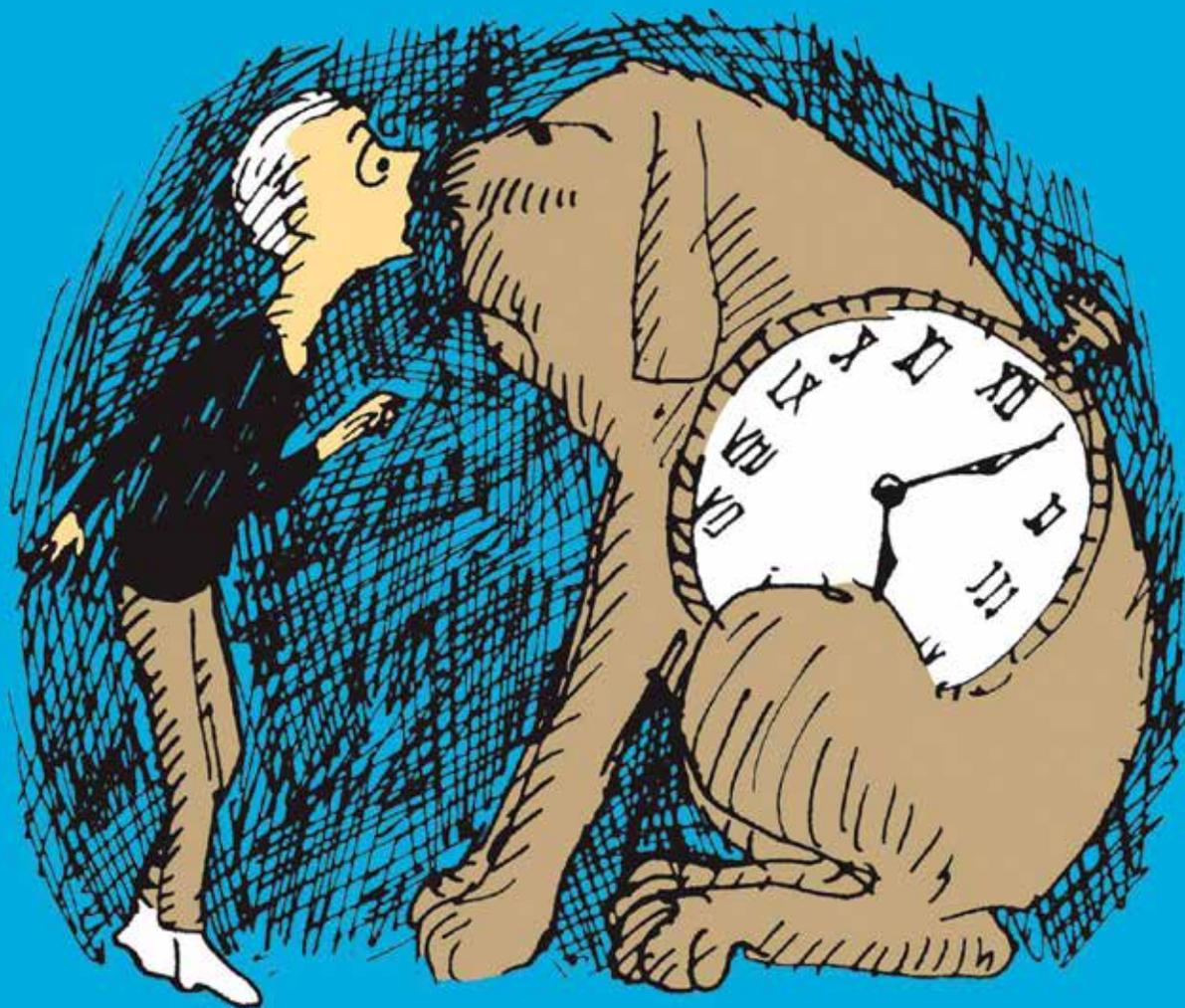
200 Market Street, Denton; 410-479-4720; Marketstreet.pub Irish, American; lunch, dinner \$ ☕ ☕



January Calendar

(F) FAMILY EVENTS (C) CHARITY EVENTS (TIX) AVAILABLE AT WHATSUPTIX.COM

Advertisers listed in red What's Up? Tix event listed in blue



↑ The Chesapeake College Storybook Series' presents *The Phantom Tollbooth* on Wednesday, January 30th, 7 p.m. at the Todd Performing Arts Center. Based on the classic story by Norton Juster and illustrator Jules Feiffer, this story follows a boy named Milo as he journeys to the Lands Beyond and discovers that with humor, good friends, and a little bit of courage, anything is possible. Tickets are \$20 for adults and \$10 for children. For more information, and to purchase tickets, visit Avalonfoundation.org.

Tuesday

1

SPECIAL EVENTS

Kent's Carvers and Clubs: Guides, Gunners and Co-Ops at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. \$6-15. Now through March 31, 2019. 410-745-2916. Cbmm.org

Exploring the Chesapeake - Mapping the Bay at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. Prices vary. Now through March 17, 2019. 410-745-2916. Cbmm.org

A Century of Conservation: The 1918 North American Migratory Bird Treaty at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). \$7 adult, \$5 seniors, \$3 child and college student with ID, free for members and veterans/active military. Now through February 17, 2019. 410-742-4988. Wardmuseum.org

The Annual Members' Exhibition: The Museum at 60 at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). \$3 for non-members, free for children under 12. Now through January 13, 2019. 410-822-2787. Academyartmuseum.org

Lights on the Bay at Sandy Point State Park, Annapolis. 10 a.m.-5 p.m. \$15-50. Lightsonthebay.org (F) (C)

25th Annual Penguin Swim at Princess Royale Ocean City Hotel, Ocean City. 10 a.m. \$25. 410-641-9671. Aghpen-penguinswim.com (C)

Wednesday

2

SPECIAL EVENTS

RiverArts' Member Show at Chestertown RiverArts, Chestertown. 11 a.m.-5:30 p.m. (Tues.-Fri.), 10 a.m.-5:30 (Sat.), 11 a.m.-3 p.m. (Sun.), 11 a.m.-8 p.m. (first Fridays). Now through January 27th, 2019. Free. 410-778-6300. Chestertownriverarts.net

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$49-175. 202-467-4600. Kennedy-center.org

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$49-149. 202-467-4600. Kennedy-center.org

MUSIC

Official Blues Brother Revue at Rams Head On Stage, Annapolis. 8 p.m. \$45. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Wizards vs. Atlanta Hawks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday

3

SPECIAL EVENTS

Arts and Crafts at Talbot County Free Library, St. Michaels. 10 a.m.-1 p.m. Free. 410-745-5877. Tcfl.org

Chestertown Writers' Group at Kent County Library, Chestertown. 5-6:30 p.m. 410-778-3636. Kentcountylibrary.org

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

Friday

4

SPECIAL EVENTS

First Friday at Eastern Interiors at Eastern Interiors, Chestertown. 5-7 p.m. Free. 443-282-0215. Easterninteriors.com

First Friday in Chestertown

at Downtown Chestertown, Chestertown. 5-8 p.m. Free. 443-282-0246. Kentcounty.com

Milk and Cookies Reading Club at Kent County Library, Chestertown. 4-5 p.m. Free. 410-778-3636. Kentcountylibrary.org

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 8:30 p.m. \$35. 410-268-4545. Ramsheadonstage.com

Justin Timberlake at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

Saturday

5

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellars-of-annapolis.com

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 & 7:30 p.m. \$49-175. 202-467-4600. Kennedy-center.org

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. \$49-149. 202-467-4600. Kennedy-center.org

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 8:30 p.m. \$35. 410-268-4545. Ramsheadonstage.com

Sunday

6

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

MUSIC

Herman's Hermits Starring Peter Noone at Rams Head On Stage, Annapolis. 5 p.m. & 8 p.m. \$47.50. 410-268-4545. Ramsheadonstage.com

Monday

7

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

The Garfield Center Presents: Live Playwrights' Society at The Garfield Center for the Arts, Chestertown. 7:30 p.m. Free. Liveplaywrightssociety.org

Lunch and Learn at Talbot County Free Library, St. Michaels. 12 p.m. Free. 410-745-5877. Tcfl.org

Monday Movie at Kent County Library, Chestertown. 2-4p.m. Free. 410-778-3636. Kentcountylibrary.org

Tuesday

8

SPECIAL EVENTS

Book Lovers Social at Queen Anne's County Library, Kent Island. 7 p.m. Free. 410-643-8161. Qcclibrary.org

Preschool Story Time at Kent County Library, Chestertown. 10 a.m. Free. 410-778-3636. Kentcountylibrary.org

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Ronnie Spector and the Ronettes at Rams Head On Stage, Annapolis. 8 p.m. \$65. 410-268-4545. Rams-headonstage.com

SPORTS

Washington Capitals vs. Philadelphia Flyers at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Wednesday

9

SPECIAL EVENTS

STEM Story Time at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m. Free. 410-745-5877. Tcfl.org

PERFORMING ARTS

Comedian Sean Sarvis, Chocolate & Thomas "Teezus" Terrell Jr. at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. Ramsheadonstage.com

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

SPORTS

Washington Wizards vs. Philadelphia 76ers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday

10

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Blackhawk at Rams Head On Stage, Annapolis. 8 p.m. \$49.50. 410-268-4545. Ramsheadonstage.com

Friday

11

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$20. 202-467-4600. Kennedy-center.org

Silent Sky at The Colonial Players, Annapolis. 8 p.m. \$23. 410-268-7373. Thecolonialplayers.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. 8 p.m. \$15. 410-810-2060. Garfieldcenter.org

Washington National Opera: Taking Up Serpents at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$35-45. 202-467-4600. Kennedy-center.org

MUSIC

Jenn Grinels at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. Rams-headonstage.com

Dan Navarro at Avalon Theatre, Easton. 8 p.m.-30. 410-770-8000. Avalonfoundation.org

SPORTS

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Navy Hockey vs. West Chester at U.S. Naval Academy McMullen Ice Arena, Brigade Sports Complex, Annapolis. 7:30 p.m. \$10 for adults, \$5 for youth, free for Midshipmen. Usnahockey.com (F)

Saturday 12

SPECIAL EVENTS

Second Saturday Art Night Out at Town of St. Michaels. 5 p.m. Free. Tourtalbot.org

Second Saturday in Downtown Cambridge at Downtown Cambridge, Cambridge. 5-9 p.m. Free. Downtowncambridge.org

Book Sale at Dorchester County Library, Cambridge. 9 a.m.-1 p.m. Free. 410-228-7331. Visitdorchester.org

Art Walk at Downtown Cambridge. 5 p.m. Free. 410-228-1000. Visitdorchester.org

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 4 p.m. \$20. 202-467-4600. Kennedy-center.org

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

Washington National Opera: Three New 20-Minute Operas, part of the American Opera Initiative Festival at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$19-35. 202-467-4600. Kennedy-center.org

MUSIC

80s Night w. The New Romance at Rams Head On Stage, Annapolis. 8:30 p.m. \$20. 410-268-4545. Ramsheadonstage.com

Adriana Lecouvreur at Avalon Theatre, Easton. 1 p.m. \$21. 410-770-8000. Avalonfoundation.org

The British Invasion Experience Dinner Theatre at Wicomico Youth & Civic Center, Salisbury. 5:30 p.m. \$40. 410-548-4900. Wicomicociviccenter.org

Jackson Dean at Rams Head On Stage, Annapolis. 1 p.m. \$10. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Capitals vs. Columbus Blue Jackets at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Sunday 13

SPECIAL EVENTS

Open Studio: Book Arts Studio at Academy Arts Museum, Easton. 1-4 p.m. TBD. 410-822-2787. Academyart-museum.org

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$49-175. 202-467-4600. Kennedy-center.org

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/12).

Silent Sky at The Colonial Players, Annapolis. 2 p.m. \$23. 410-268-7373. Thecolonialplayers.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. 3 p.m. \$15. 410-810-2060. Garfieldcenter.org

Washington National Opera: Taking Up Serpents at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. \$35-45. 202-467-4600. Kennedy-center.org

MUSIC

Maggie's Celtic Celebration for the New Year at Rams Head On Stage, Annapolis. 4 p.m. \$25. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Wizards vs. Toronto Raptors at Capital One Arena, Washington. 1 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Monday 14

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

SPORTS

Washington Capitals vs. St. Louis Blues at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday 15

PERFORMING ARTS

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

Wednesday 16

SPECIAL EVENTS

St. Michaels Book Club at Talbot County Free Library, St. Michaels. 3:30-5 p.m. Free. 410-745-5877. Tcfl.org

PERFORMING ARTS

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/15).

School of Rock The Musical at The National Theatre, Washington. 7:30 p.m. Prices vary. 202-628-6161. Theatricaldc.org

MUSIC

The Verve Pipe at Rams Head On Stage, Annapolis. 8 p.m. \$25. 410-268-4545. Ramsheadonstage.com

Thursday 17

PERFORMING ARTS

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/15).

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

The Impractical Jokers at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. Royalfarmsarena.com

MUSIC

Vivian Green at Rams Head On Stage, Annapolis. 7 p.m. \$45. 410-268-4545. Ramsheadonstage.com

Friday 18

SPECIAL EVENTS

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 11 a.m.-5 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

Super Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (C)

PERFORMING ARTS

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 7:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

School of Rock The Musical at The National Theatre, Washington. 8 p.m. Prices vary. 202-628-6161. Theatricaldc.org

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

On Stage

The Curate Shakespeare As You Like It

The Garfield Center for the Performing Arts; January 11th through January 20th, 2019; \$15; Garfieldcenter.org; 410-810-2060 This

sparkling comedy presents the trials and pitfalls of an itinerant band of down-and-out amateur thespians, led by a dotty cleric, in their attempt to present Shakespeare's *As You Like It*. They often want to quit, endure countless humiliations, and make a near hash of the precious and holy words of the god Shakespeare. But they stumble, now and then, to their own considerable surprise, across moments of beauty and integrity.

West Side Story Reimagined at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$35-40. 202-467-4600. Kennedy-center.org

MUSIC

Lez Zeppelin at Rams Head On Stage, Annapolis. 8:30 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

Bobby Sanabria MultiVerse Big Band at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$35-40. 202-467-4600. Kennedy-center.org

Creedence Clearwater Revival- Chronicle Vol 1 at Avalon Theatre, Easton. 8 p.m. \$40. 410-770-8000. Avalonfoundation.org

Renée Fleming Sings Schubert at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Bobby Sanabria MultiVerse Big Band at The John F. Kennedy Center for the Performing Arts, Washington. 9 p.m. \$35-40. 202-467-4600. Kennedy-center.org

SPORTS

Washington Capitals vs. New York Islanders at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday 19

SPECIAL EVENTS

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 10 a.m.-5 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

Cover Your Chin for Charity at Waterfowl Festival Building, Easton. 7:30 p.m. Prices vary. Coveryourchin.com (C)

PERFORMING ARTS

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/18).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

MUSIC

Beginnings at Rams Head On Stage, Annapolis. 8 p.m. \$42.50. 410-268-4545. Ramsheadonstage.com

Exhibitions



Sheryl Southwick, Happy Birthday, collage, 2018

← **The Annual Members' Exhibition: The Museum @ 60**
Academy Art Museum; Now through January 13th, 2019; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787 In conjunction with the museum's 60th anniversary, the Annual Members' Art Exhibition will feature creative, experimental, and imaginative work in various mediums around the theme "60."

RiverArts' Member Show →
Chestertown RiverArts; January 2nd through January 27th, 2019; Opening Reception: Friday, January 4th, 5-8 p.m.; Free; Chestertownriverarts.org; 410-778-6300
 The annual RiverArts Members' Show highlights the quality and diversity of our arts community. This popular exhibit includes photography, painting and pastels, drawings, ceramics, jewelry, sculpture, and fiber arts.



Pink Flowers, sumi painting by Marty Hawkins

Sunday

20

SPECIAL EVENTS
45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 10 a.m.-3 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

PERFORMING ARTS
Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

School of Rock The Musical at The National Theatre, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-628-6161. Thenationaldc.org

Silent Sky at The Colonial Players, Annapolis. (See 1/13).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/13).

Passion and Fire: The Music of Spain at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$50-65. 202-467-4600. Kennedy-center.org

MUSIC
Panic At The Disco at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

Renée Fleming Sings Schubert at The John F. Kennedy Center for the Performing Arts, Washington. 3 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Starbelly at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. Rams-headonstage.com

Monday

21

SPECIAL EVENTS
Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

MUSIC
Crash Test Dummies 25th Anniversary Tour at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

SPORTS
Washington Wizards vs. Detroit Pistons at Capital One Arena, Washington. 2 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday

22

PERFORMING ARTS
School of Rock The Musical at The National Theatre, Washington. (See 1/16).

MUSIC
Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$34-149. 202-467-4600. Kennedy-center.org

Peter & Jeremy at Rams Head On Stage, Annapolis. 8 p.m. \$39.5. 410-268-4545. Ramsheadonstage.com

SPORTS
Washington Capitals vs. San Jose Sharks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Wednesday

23

PERFORMING ARTS
School of Rock The Musical at The National Theatre, Washington. (See 1/16).

MUSIC
Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$34-149. 202-467-4600. Kennedy-center.org

Thursday

24

SPECIAL EVENTS
Cool Schools Plunge at Sandy Point State Park, Annapolis. 10 a.m.-1 p.m. Prices vary. Plungemd.com (C)

PERFORMING ARTS
School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

MUSIC
Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$34-149. 202-467-4600. Kennedy-center.org

SPORTS
Washington Wizards vs. Golden State Warriors at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

Friday

25

SPECIAL EVENTS
Police Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (C)

Corporate Plunge at Sandy Point State Park, Annapolis. 1 p.m. Prices vary. Plungemd.com (C)

PERFORMING ARTS

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

MUSIC

Rodgers and Hammerstein at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

An Evening with Brandy at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$39-139. 202-467-4600. Kennedy-center.org

GUSTER at 9:30 Club, Washington. 8 p.m. \$37 for one night, \$65 for two nights. 202-265-0930. 930.com

Saturday

26

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellars-of-annapolis.com

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. \$14 for adults, free for children 12 and under. Baltimoreboat-show.com (F)

Pee Wee & Family Plunge at Sandy Point State Park, Annapolis. 11 a.m. Prices vary. Plungemd.com (F) (C)

Polar Bear Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (F) (C)

PERFORMING ARTS

Comedian Tom Papa at Rams Head On Stage, Annapolis. 8 p.m. \$37.50. 410-268-4545. Ramsheadonstage.com

Annapolis Opera: The Three Little Pigs at Maryland Hall for the Creative Arts, Annapolis. 11 a.m. \$16. 410-263-5544. Marylandhall.org (F)

School of Rock The Musical at The National Theatre, Washington. (See 1/18).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

MUSIC

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$20. 202-467-4600. Kennedy-center.org

David Sánchez: CARIB at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$30-40. 202-467-4600. Kennedy-center.org

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 11 a.m. \$20. 202-467-4600. Kennedy-center.org

An Evening with Brandy at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$39-139. 202-467-4600. Kennedy-center.org

Sunday

27

SPECIAL EVENTS

What's Up? Bridal Expo 2019 at The Byzantium Event Center, Annapolis. 1-4 p.m. \$15. 410-266-6287. Whatsuptix.com (TIX)

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-5 p.m. \$14 for adults, free for children 12 and under. Baltimoreboat-show.com (F)

PERFORMING ARTS

School of Rock The Musical at The National Theatre, Washington. (See 1/20).

Silent Sky at The Colonial Players, Annapolis. (See 1/13).

MUSIC

Gaelic Storm at Rams Head On Stage, Annapolis. 1 p.m. & 8 p.m. \$40. 410-268-4545. Ramsheadonstage.com

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$20. 202-467-4600. Kennedy-center.org

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 4 p.m. \$20. 202-467-4600. Kennedy-center.org

Monday

28

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

Tuesday

29

PERFORMING ARTS

American Ballet Theatre: Harlequinade at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$39-150. 202-467-4600. Kennedy-center.org

MUSIC

Washington Performing Arts presents Jeremy Denk, piano at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$55. 202-467-4600. Kennedy-center.org

Wednesday

30

SPECIAL EVENTS

Open Mic Night at The Garfield Center for the Performing Arts, Chestertown. 7:30 p.m. Free. Garfieldcenter.org

PERFORMING ARTS

The Phantom Tollbooth at Todd Performing Arts Center, Wye Mills. 7 p.m. \$20 for adults, \$10 for children. 410-822-2999. Avalonfoundation.org

SPORTS

Washington Wizards vs. Indiana Pacers at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

thursday

31

SPECIAL EVENTS

Annapolis Symphony: Symphony Study- Winter Session at Maryland Hall for the Creative Arts, Annapolis. 7-8:30 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

PERFORMING ARTS

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

MUSIC

Raissa Katona Bennett, Vocalist at Gibson Center for the Arts, Chestertown. 7:30 p.m. Prices vary. 410-778-7839. Washcoll.edu

Trifonov plays Beethoven's "Emperor" at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$15-89. 202-467-4600. Kennedy-center.org



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Where's Wilma?

FIND WILMA AND WIN!

Happy 2019! We're celebrating the start of a new year with a new look! Journey with Wilma as she shows you around our new and improved magazine layout. Take a pit-stop at the redesigned Private School Guide, and don't forget to check out the "Mental Health in Maryland" article. Pop some champagne because 2019 is going to be great!

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to this month's winner: Tina Mears of Stevensville, who won a gift certificate to Fisherman's Crab Deck!

Mail entries to: Where's Wilma? Eastern Shore, 201 Defense Hwy., Ste, 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by January 31st, 2019. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

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